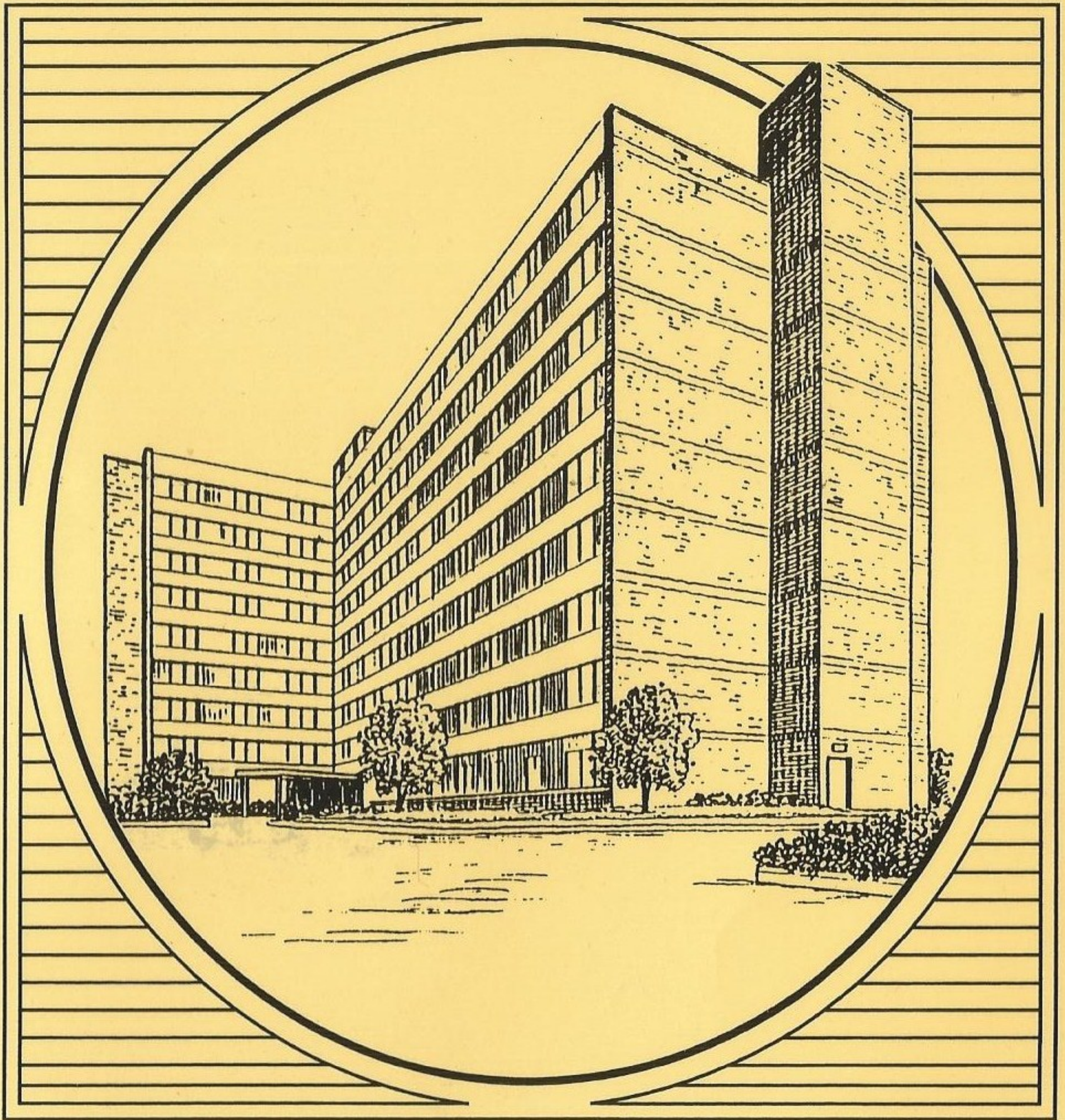




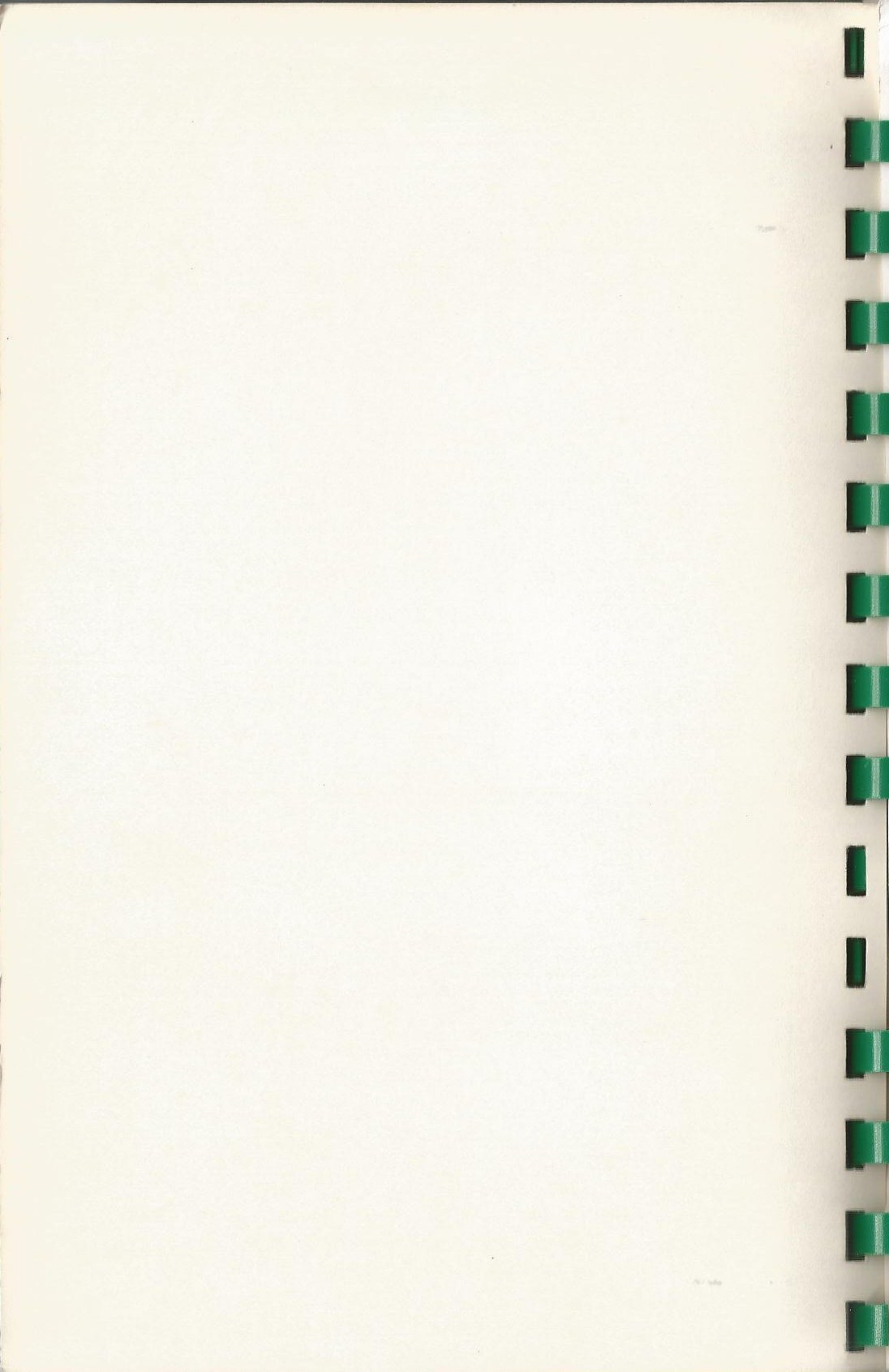
# Terrace Treats



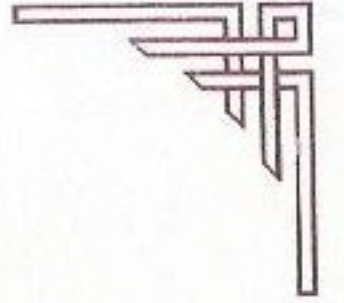
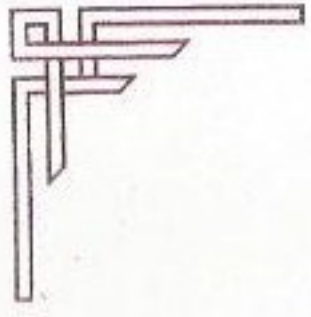
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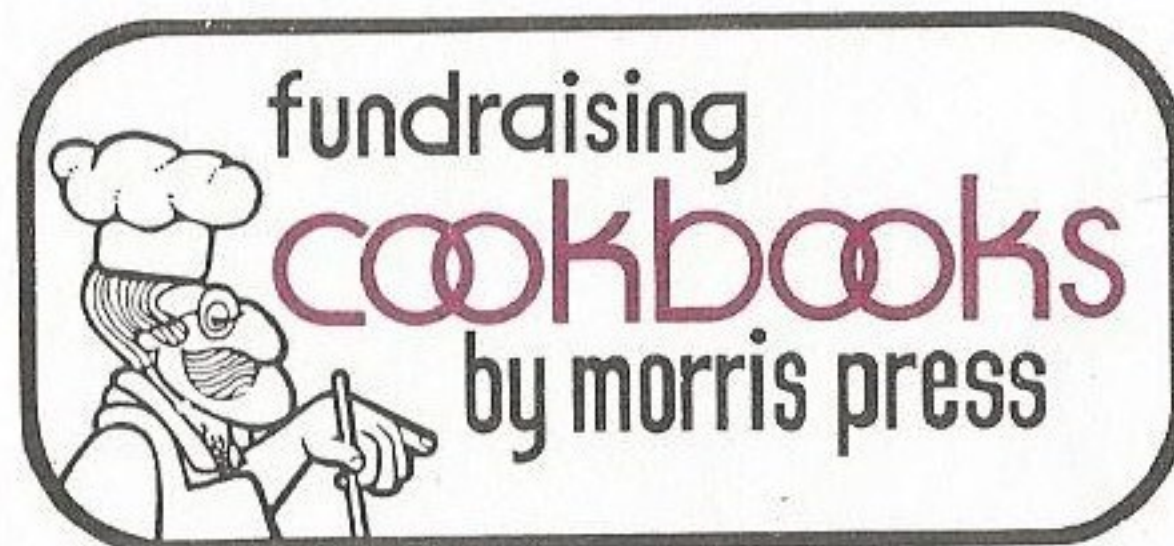
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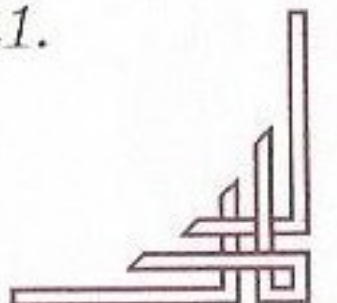
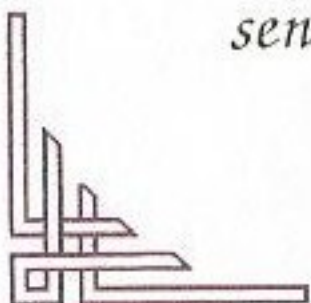
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**et**

# **east terrace**

**apartments for senior citizens**

**Waukesha, Wisconsin**

## **resident cookbook**



**EQUAL HOUSING  
OPPORTUNITY**



# In Appreciation

Our Appreciation goes to  
**Alean Harris**

whose dedication, enthusiasm, and persistence while collecting recipes made this cookbook possible.

And especially to everyone at East Terrace who took the time to contribute their favorite recipes.

## Give Me Time

Time for patience  
for understanding, too.

Time to remember  
thoughtful deeds to do.

Time to believe in  
all fellowmen.

Time to perceive  
the value of a friend.

**Thank You!**



All proceeds from this cookbook will benefit  
**The Seniors at East Terrace**



# A Healthy Guide

From thinning thirst-quenchers to slimming frozen entrees to diet-conscious desserts, light foods are great for tricking off pounds. Many are low-cal versions of standard foods and beverages; others (such as turkey franks and fruit bars) are brand-new products. But buyers beware: The wording on labels varies widely, so check them carefully to make sure that you're actually getting a low-cal product—what we mean here by a “light” food. Some tips:

Not every food labeled “light” or “lite” is low in calories. These terms have no legal definition. And often they are used to describe products that are light in color, sodium or oil.

All foods labeled “dietetic,” “dietary” or “diet” are ones in which at least one ingredient has been changed, substituted or restricted. As with “light” and “lite,” these words do not guarantee a low-calorie product.

A food marked “reduced-calorie,” on the other hand, must have at least one-third fewer calories than the food it resembles.

Foods labeled “sugar-free” and “sugarless” cannot contain sucrose (table sugar). They can contain other calorie-high sugars such as honey, corn syrup, fructose or sorbitol.



# My Kitchen Prayer

God bless my little kitchen,  
I love its every nook  
And bless me as I do my work,  
Wash pots and pans and cook,  
And may the meals that I prepare  
Be seasoned from above  
With Thy great blessing and Thy grace  
But most of all Thy love.

So bless my little kitchen, God,  
And those who enter in,  
May they find naught but joy and peace  
And happiness therein.

Anonymous



# Recipe for Good Living

Half a cup of friendship  
and a cup full of thoughtfulness,

Creamed together with a pinch of  
powdered tenderness.

Very lightly beaten  
in a bowl of loyalty,

With a cup of faith, and one of hope  
and one of charity.

Be sure to add a spoonful each  
of gaiety that sings,

And also the ability  
to laugh at little things.

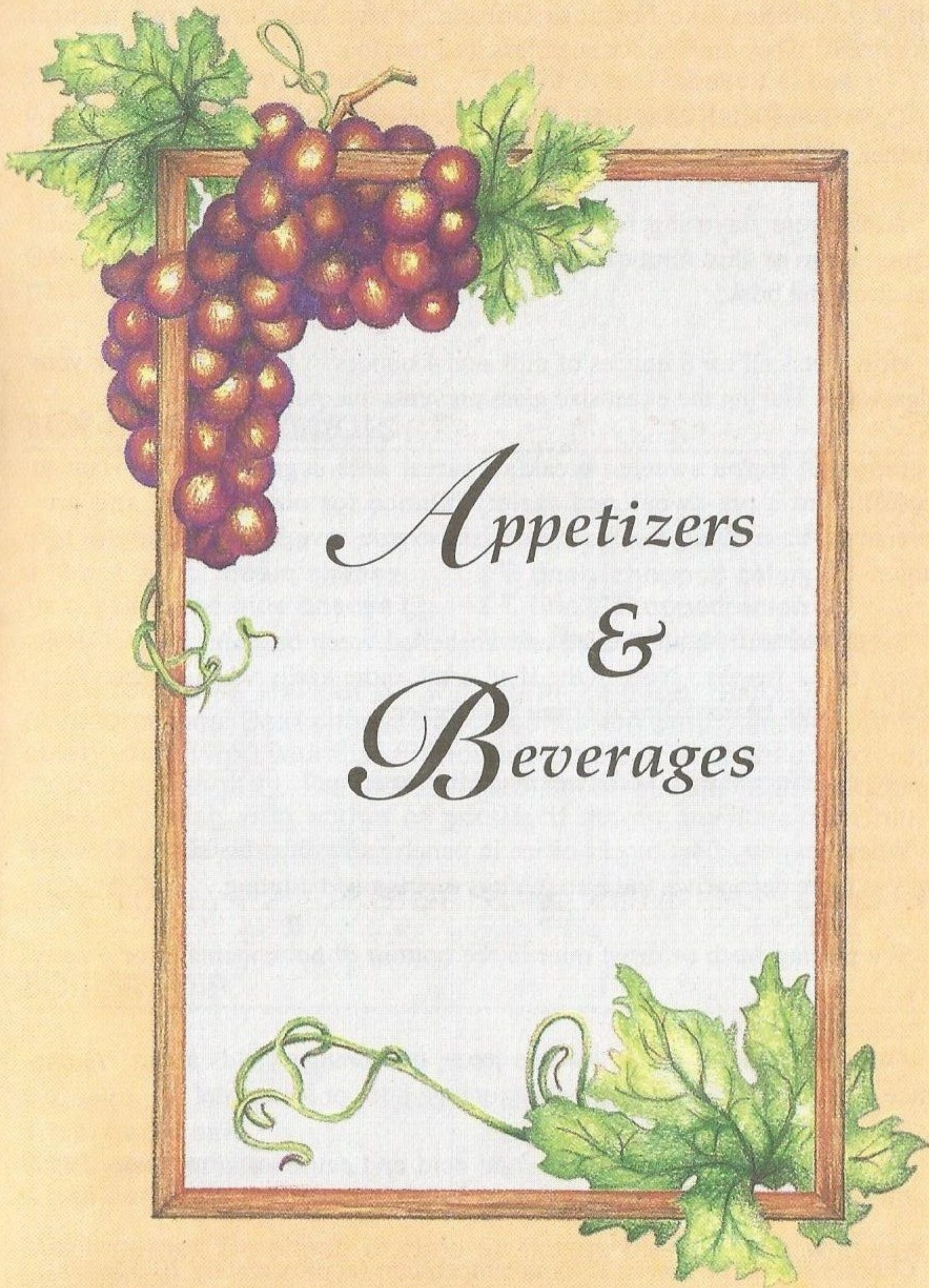
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*Appetizers*  
&  
*Beverages*



## *Party Pleasers*

- You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.
- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.
- Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Always chill juices or sodas before adding to recipe.
- When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.
- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.
- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.
- Cheeses should be served at room temperature (approximately 70 degrees).
- When serving hors... d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.
- One quart of soup yields about six servings, unless it is the main course.



# APPETIZERS & BEVERAGES

## APPETIZER HAM BAKE

*Vivian Giese*  
Apt. 706

- |  |                                       |
|--|---------------------------------------|
| 1 lb. very lean ham, ground                  | 7 to 10 drops Tabasco sauce           |
| 3 to 5 T. horseradish mustard                | 2 (3-oz.) pkgs. softened cream cheese |
| 1/2 c. pimento stuffed olives, chopped small | 2 T. milk                             |
| 1/4 c. salad dressing                        |                                       |

Combine all ingredients. Form into a ball and roll in chopped parsley.

## BLUE CHEESE TOMATOES

*Geri Biksadski*  
Office

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 pt. cherry tomatoes               | 2 T. dairy sour cream         |
| 2 (3-oz.) pkgs. cream cheese        | 2 T. finely chopped celery    |
| 1/2 c. crumbled blue cheese (2 oz.) | 1 T. finely chopped onion     |
|                                     | 3/4 c. finely chopped walnuts |

Wash tomatoes and cut off tops to make caps. Scoop out pulp from tomatoes. Beat cheeses and sour cream until blended. Stir in celery, onion and walnuts. Fill tomato shells with cheese mixture, mounding slightly. Replace tomato caps; secure with wooden picks. Garnish with sprigs of parsley if stems are missing. Chill. Yield: 20 to 30 appetizers.

## BOMBAY DIP

*Karen Nasseth*  
Apt. 812

- |                     |                      |
|---------------------|----------------------|
| 1 T. sugar          | 1 tsp. grated onion  |
| 1 tsp. garlic salt  | 1 tsp. cider vinegar |
| 1 tsp. curry powder | 1/2 c. sour cream    |
| 1 tsp. horseradish  | 1/2 c. mayonnaise    |

Mix together. Do ahead of time so flavors blend. Serve with raw vegetables.



## **BRANDY SAUSAGES**

---

*Vivian Giese  
Apt. 706*

**3/4 c. ketchup**  
**3/4 c. brandy**

**1/2 c. dark brown sugar**  
**1 lb. little sausages**

Marinate the sausages in the mixture for 3 to 4 hours. Bake, uncovered, for 1 1/2 to 2 hours at 350°. Serve with toothpicks. Very good.

## **CRAB DIP**

---

*Karen Nasseth  
Apt. 812*

**1 (8-oz.) pkg. cream cheese**  
**1 1/2 tsp. horseradish**  
**2 T. scant chili sauce**

**1 tsp. lemon juice**  
**1/3 c. mayonnaise**  
**Salt & pepper to taste**

Beat the above ingredients. Add a can of crab meat by hand.

## **CRAB MEAT CANAPES**

---

*Irene Poshepny  
Apt. 104*

**6-oz. pkg. imitation crab meat**  
**1/4 lb. Swiss cheese, shredded**  
**(1 c.)**  
**1/4 c. mayonnaise or salad**  
**dressing**

**1/4 tsp. dry mustard**  
**Black pepper to taste**  
**30 crackers or Melba toast**  
**1/3 c. sliced, pitted ripe olives**

Chop crab meat. In a small bowl, with a fork, mix crab meat, mayonnaise, dry mustard and black pepper. Spread 1 heaping teaspoon crab meat mixture on each cracker. Place on cookie sheets and sprinkle with black pepper. About 15 minutes before serving, broil canapes for 3 minutes or until cheese melts. Top each canape with a slice of ripe olive.

## **CREAMY COFFEE PUNCH**

---

**1/2 c. instant coffee**  
**1/3 c. sugar**  
**5 c. cold water**  
**2 tsp. vanilla**

**1 c. light cream or half & half**  
**4 eggs, well beaten**  
**1 qt. vanilla ice cream,**  
**softened**

Dissolve coffee and sugar in water; stir in vanilla. Stir cream into well-beaten eggs. Add coffee mixture. Beat in softened ice cream. Chill at least 1 hour. Just before serving, beat to blend. Sprinkle with nutmeg, if desired. Yields about 2 1/2 quarts or 20 servings.



## **DEVILED EGGS**

---

*Lenore Farness  
Apt. 902*

Make deviled eggs the usual way, but for an interesting taste, add 1 can of canned shrimp pieces or finely chopped walnuts.

## **DILL DIP**

---

*Karen Nasseth  
Apt. 812*

<b>1/2 pt. sour cream</b>	<b>1/2 T. Lawry's seasoned salt</b>
<b>1 T. mayonnaise</b>	<b>1 1/2 tsp. dried onion flakes</b>
<b>1 tsp. dill weed</b>	<b>1 tsp. dry parsley</b>

Mix together and chill. Serve with raw vegetables. May also be used as a chip dip.

## **DILL WEED DIP**

---

*Rowena Bascombe  
Apt. 501*

<b>2/3 c. sour cream</b>	<b>2 tsp. dill weed</b>
<b>2/3 c. mayonnaise</b>	<b>2 tsp. chopped onion</b>
<b>1 tsp. Beau Monde</b>	

Mix ingredients together. Serve with carrots, broccoli, cauliflower, celery, small tomatoes and radishes.

## **GERI'S MOM'S PINEAPPLE CHEESEBALL**

---

*Geri Biksadski  
Office*

<b>2 (8-oz.) pkgs. cream cheese</b>	<b>1/4 c. green pepper</b>
<b>1 (8-oz.) can crushed pineapple, drained</b>	<b>2 T. onion</b>
<b>1 c. chopped pecans</b>	<b>1 1/2 tsp. seasoned salt</b>

Cream cheese; blend in pineapple. Add 1/4 cup of the nuts. Add remaining ingredients, except remaining nuts. Chill until firm. Form in a ball and roll in 3/4 cup pecans that are remaining. This is the Biksadski family's Christmas Eve favorite.



## **GOUDA BURST**

---

*Karen Nasseth  
Apt. 812*

- |                                |                         |
|--------------------------------|-------------------------|
| 1 Gouda cheese (about 8 oz.)   | 1 tsp. prepared mustard |
| 1 T. milk                      | 2 drops Tabasco         |
| 1 T. white wine or apple juice |                         |

Unwrap cheese; let stand at room temperature until soft. **To Form Petals:** Make 4 (2 1/2-inch) intersecting cuts in top of cheeseball. Be sure to cut completely through plastic casing. Carefully pull back each section of casing, curling point over the index finger. Scoop out cheese, leaving a 1/4-inch wall. Refrigerate casing shell. Mash cheese with fork. Blend in milk, wine, mustard and Tabasco. Fill shell with cheese mixture. Cover; refrigerate at least 3 hours. Before serving, let cheese stand at room temperature about 1 hour to soften. If desired, garnish with parsley.

## **HAM & PICKLE ROLL-UPS**

---

*Vivian Giese  
Apt. 706*

- |                       |              |
|-----------------------|--------------|
| Boiled or baked ham   | Dill pickles |
| Softened cream cheese |              |

Spread each slice of ham with softened cream cheese. Put whole dill pickle on the ham and roll. Chill for a few hours. Cut into 1/2 to 3/4-inch slices and serve.

## **HAM APPETILLAS**

---

*Vivian Giese  
Apt. 706*

- |   |  |
|---|--|
| 1 pkg. flour tortillas                    | 2 T. green onions, chopped             |
| 2 (8-oz.) pkgs. cream cheese,<br>softened | 1/4 c. black olives, chopped           |
| 1/4 c. mayonnaise                         | 2 (1/2-oz.) pkgs. sliced cooked<br>ham |

Remove tortillas from packaging. Combine cream cheese, mayonnaise, onions and olives. Spread thin layer on tortillas. Put 4 slices of ham over cheese. Wrap in plastic wrap and refrigerate at least 3 hours or overnight. Cut into 3/4-inch pieces. Makes 64.



## **HOT BEEF DIP**

---

*Alice*

3-oz. pkg. dried beef, chopped      2 T. milk  
8-oz. pkg. cream cheese            1/8 tsp. pepper  
2 T. green peppers, chopped        1/2 c. sour cream  
2 T. onions, chopped

Mix all ingredients well. Bake in a covered dish at 350° for 15 minutes. Serve with crackers.

## **HOT CHEESE APPETIZERS**

---

*Doris Clouse  
Apt. 513*

1/4 lb. butter                              1 c. flour  
1/4 lb. grated cheese (American  
or Swiss)

Cream butter; add cheese and flour. Roll into little balls. Put on cookie sheet and chill until time to serve. Bake in a hot oven at 400°, 10 to 15 minutes. Serve immediately.

## **HOT CHEESE DIP**

---

*Lenore Farness  
Apt. 902*

Mix half cheddar cheese and half mayonnaise together. Season with grated onion, salt and pepper. Put in oven and heat through. Serve with vegetables or crackers. This recipe is terrific.

## **HOT SHRIMP DIP**

---

*Vivian Giese  
Apt. 706*

1 stick margarine                      1/4 tsp. seasoned salt  
1 (8-oz.) pkg. cream cheese        1 can drained shrimp  
Chopped scallions

Mix all ingredients together and serve hot. Serve with crackers or as a dip.



## **MAI TAI**

---

2 jiggers light rum (3 oz.)  
1 jigger dark rum (1 1/2 oz.)  
1/2 jigger orange liquor (3/4 oz.)  
3 ice cubes

Maraschino cherries  
1/2 c. pineapple juice  
1/3 c. orange juice  
1 T. lemon juice

In blender container combine rums, liquor and fruit juices. Cover; blend to mix. Add ice cubes, one at a time. Blend after each until chopped. Pour into glasses; garnish. Makes 2 (6-ounce) servings. A typical before dinner drink. Potent.

## **MEATBALL APPETIZERS**

---

*Doris Clouse  
Apt. 513*

### **Meatballs:**

1 1/2 tsp. Worcestershire  
sauce  
1 sm. can evaporated milk

1 env. onion soup mix  
1 lb. ground beef

### **Sauce:**

2 c. catsup  
1 c. brown sugar

1 tsp. Worcestershire sauce

Make meatballs about teaspoon size. Put on large cookie sheet, covered with aluminum foil. Broil for 12 minutes. Mix sauce ingredients in saucepan. Put meatballs into sauce and simmer 1/2 hour.

## **RUBY WINE PUNCH**

---

3/4 c. water  
3/4 c. sugar  
6-inch stick cinnamon  
1 tsp. whole clove

Dash salt  
2 c. chilled burgundy  
1-qt. bottle chilled cranberry  
apple juice

In saucepan combine water, sugar, cinnamon, cloves and salt; bring to a boil. Reduce heat and simmer 10 minutes. Strain out spices and chill liquid. Combine chilled mixture with chilled wine and juice. Makes 7 cups.



## **SAVORY CHEDDAR CHEESE ONION ROLLS**

---

*Gerri Biksadski  
Office*

1 pkg. crescent dinner rolls  
1 c. cheddar cheese  
3 T. mayonnaise

2 T. minced green onion  
Dash of paprika

Mix cheese, mayonnaise, onion and paprika together. Spread rolls into rectangles. Spread on mixture and roll up from long side. Cut into 1-inch pieces. Bake at 375° for 10 to 12 minutes in baking cups. Serves 24.

## **SEEDED CRACKERS**

---

Saltines, rye crackers, etc.  
Butter or margarine  
Onion powder  
Garlic powder  
Caraway seed

Celery seed  
Dill weed  
Poppy seed  
Sesame seed

Brush crackers with melted butter or margarine. Sprinkle with any of the above ingredients. Heat on baking sheet at 350° for 5 minutes or until crisp.

## **SHRIMP DIP**

---

*Doris Clouse  
Apt. 513*

1 can cream of shrimp soup  
1 (8-oz.) pkg. cream cheese

1 sm. can shrimp, rinsed or  
fresh shrimp

In a large bowl, soften cream cheese with mixer. Add soup. Use mixer to blend together; then add shrimp by hand.

## **STUFFED MUSHROOM CAPS**

---

12 med. mushrooms  
3 bacon strips  
1/3 c. grated sharp cheddar  
cheese  
1/4 c. dry bread crumbs

1/2 tsp. chopped chives or  
green onions  
1/8 tsp. salt  
1/4 c. melted butter

Fry bacon until crisp; drain and crumble. Remove stems from mushrooms and dice. Wash and dry caps. In bowl combine bacon, cheese, chives, salt, bread crumbs and stems. Dip caps in melted butter. Place on broiler. Put remainder of butter in cheese mixture.

(continued)



Fill each cap with mixture. Broil about 4 inches from heat for 6 to 8 minutes. Serves 3 to 4.

## **TANGY CHEESE TIDBITS**

---

*Karen Nasseth  
Apt. 812*

**1/4 lb. sharp cheddar cheese,  
grated**  
**1 (3-oz.) pkg. cream cheese**  
**1/2 c. butter**

**1 egg white, stiffly beaten**  
**1 (1-lb.) loaf white bread,  
unsalted**

Melt cheeses and butter in top of double boiler. Cool slightly. Fold in egg white. Remove crust from bread; cut bread into 1 1/2-inch cubes. Dip cubes in cheese mixture, coating evenly. Place on ungreased cookie sheet. Refrigerate overnight. Bake at 400° for 12 minutes. Serve immediately.

## **TIROTRIGONA (Cheese Filled Triangles)**

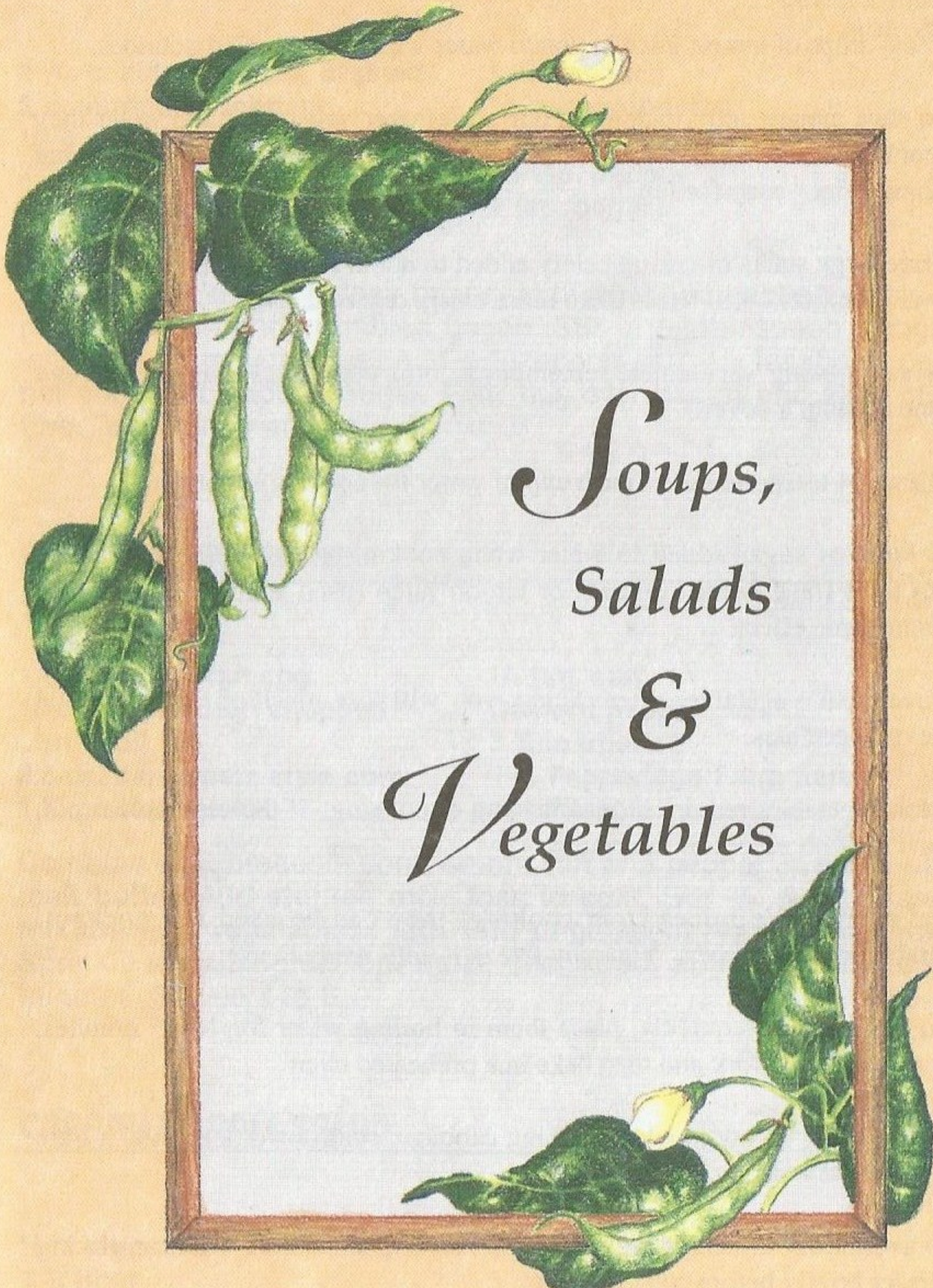
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**1/2 lb. feta cheese, crumbled**  
**1/2 lb. dry cottage cheese**  
**3 eggs**

**1/2 lb. butter, melted**  
**1 lb. pastry sheets (phyllo  
dough)**

Blend feta and cottage cheese. Mix thoroughly. Add eggs, one at a time, and mix well. Cut phyllo into strips about 2 inches wide. Line the strips on a board and brush with melted butter. Place 1 teaspoon of the filling on 1 corner of the dough and fold over to make a triangle. Continue folding from side to side in the form of a triangle until desired size is reached. Proceed this way until all filling and dough is used. Line the triangles in a buttered baking pan. Sprinkle generously with butter and bake in a 375° oven for 12 to 15 minutes or until golden brown. A Greek recipe.





*Soups,  
Salads  
&  
Vegetables*



## *Veggie Variables*

- Fresh lemon juice will remove onion scent from hands.
- A few drops of lemon juice in potato water will whiten boiled potatoes.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.
- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.



# SOUPS, SALADS & VEGETABLES

## BEAN & BACON SLAW

---

*Sandra Fiore*  
Apt. 204

- |  |                             |
|--|-----------------------------|
| 1 $\frac{3}{4}$ c. kidney beans, drained | 1 T. vinegar                |
| 2 c. shredded cabbage                    | $\frac{1}{2}$ c. mayonnaise |
| $\frac{1}{2}$ c. diced celery            | 1 tsp. salt                 |
| 2 T. chopped parsley                     | $\frac{1}{2}$ tsp. pepper   |
| $\frac{1}{3}$ c. onion, chopped finely   | 1 tsp. sugar                |
| 4 strips bacon                           |                             |

In a large bowl mix kidney beans with shredded cabbage, celery, parsley, onion and crumbled bacon. Stir in 1 tablespoon vinegar with  $\frac{1}{2}$  cup mayonnaise. Add 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper and 1 tablespoon sugar. Pour this over bacon and slaw mixture. Toss lightly and chill. Serves 6.

## BROCCOLI SUPREME

---

*Lilian Sutherin*  
Apt. 713

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 slightly beaten egg               | $\frac{1}{4}$ tsp. salt            |
| 10-oz. pkg. frozen chopped broccoli | Dash of pepper                     |
| 8.5-oz. can cream-style corn        | 3 T. margarine                     |
| 1 T. grated onion                   | 1 c. Pepperidge Farm herb stuffing |

Combine egg, broccoli, corn, onion, salt and pepper. In small pan melt butter. Add stuffing mix. Toss to coat. Stir  $\frac{3}{4}$  cup buttered mixture into vegetables. Turn into ungreased 1-quart casserole. Sprinkle remaining on top. Bake, uncovered, at 350° for 35 to 40 minutes. Serves 4 to 6.

## CARAMEL APPLE SALAD

---

*Shirley Zanow*  
Apt. 400

- |                                 |                    |
|---------------------------------|--------------------|
| $\frac{1}{2}$ c. sugar          | 2 T. cider vinegar |
| 1 T. flour                      | 1 egg, beaten      |
| 8 oz. crushed pineapple & juice |                    |

Mix the above ingredients and cook until boiling and thick. Chill 1 hour. Slice 6 Granny Smith apples and add to the above mixture. Add 8 ounces Cool Whip and 1 cup of salted peanuts. Serve.



## **CARROT WALNUT SALAD**

---

*Avis Hoefs  
Apt. 805*

**1/2 c. dark raisins**  
**2 c. shredded carrots**  
**1/2 c. walnuts, coarsely  
chopped**

**2 T. chopped green onions**  
**2 T. chopped green pepper**  
**1 1/2 tsp. apple cider vinegar**

Put raisins in warm water and set aside. In medium bowl place remaining ingredients. Toss mixture to combine. Add raisins, drained. Cover and refrigerate until ready to serve.

## **CHEESE FROSTED CAULIFLOWER**

---

*Lilian Sutherin  
Apt. 713*

**1 cauliflower head**  
**1/2 c. mayonnaise**

**2 tsp. mustard**  
**3/4 c. shredded cheese (sharp)**

Precook whole cauliflower in salted boiling water for 12 to 15 minutes. Drain. Break into flowerettes. Place in ungreased baking dish. Combine mayonnaise and mustard; spread over cauliflower. Top with cheese. Bake at 375° about 10 minutes. (Bake 20 minutes if prepared earlier in the day and is being reheated.)

## **CHEESE POTATOES**

---

*Georgia Smart  
Apt. 600*

**2 lbs. frozen hash browns**  
**1/2 c. butter or margarine,  
melted**  
**1 1/2 tsp. salt**  
**1/2 diced onion**

**1 can cream of chicken soup**  
**1 pt. sour cream**  
**2 c. cheddar cheese,  
shredded**

Blend above ingredients together; then add potatoes. Bake at 350° approximately 1 hour.



## **CHICKEN SALAD**

---

*Darlene Behrens  
Office*

**3 c. diced, cooked chicken**  
**1 1/2 c. celery, cut into 1/2-inch pieces**  
**2 T. chopped parsley**  
**1 tsp. salt**  
**1/2 tsp. pepper**

**1 c. mayonnaise**  
**1/2 c. heavy cream, whipped**  
**2 T. lemon juice**  
**1/2 c. toasted almonds, chopped**  
**1 or 2 grapes**

In a large bowl toss chicken with celery, parsley, salt and pepper. Mix well. Gently fold in whipped cream, mayonnaise, lemon juice, almonds and grapes until well combined. Refrigerate until well chilled (3 to 4 hours). Serve on lettuce leaves.

## **COPPER PENNY SALAD**

---

*Doris Clouse  
Apt. 513*

**2 lbs. carrots, peeled & sliced (1/4-inch thick)**

Cook carrots in a small amount of water, salted, for 5 minutes or until tender-crisp.

**1/3 c. oil**  
**1 c. vinegar**  
**2 c. sugar**

**1 tsp. salt**  
**1/2 tsp. pepper**

Mix above ingredients together. Add drained carrots.

**1/2 c. chopped onion**  
**1/2 c. chopped green pepper**  
**1/2 c. diced celery**

Fold in above ingredients. Marinate overnight. Stir, to be sure that all the carrots are well coated. Drain and serve cold.

## **CREAMED HASH BROWNS**

---

**1 lg. pkg. frozen hash browns**  
**2 cans potato soup**  
**1 stick Cracker Barrel cheddar cheese, grated**

**1 pt. sour cream**  
**1/2 c. grated Parmesan cheese**

Thaw potatoes and mix with other ingredients. Sprinkle Parmesan on top. Bake 45 to 60 minutes at 350°.



## CREAM OF MUSHROOM SOUP

*Anonymous*

**3/4 c. chopped scallions with tops**  
**1/4 c. butter**  
**2 c. sliced or chopped mushrooms**

**2 T. flour**  
**1 c. milk or cream**  
**1 c. chicken stock or broth**  
**Salt & pepper to taste**

In a large skillet cook onions and butter, covered, over low heat for 5 minutes. Add mushrooms, cooking slowly for 2 minutes; stir constantly. Add flour and cook for 3 minutes, stirring constantly. Remove the pan from the heat and add the milk and chicken, heating together and whisking. Bring the soup to a boil over moderate heat; turn down and simmer, stirring often. After 5 minutes, add salt and pepper to taste. It's the giving and doing for somebody else, on that all life's splendor depends. And the joys of this life when you sum them all up, are found in the making of friends.

## CREAMY GARLIC DRESSING

*Geri Biksadski  
Office*

**1/4 tsp. white pepper**  
**1 tsp. garlic powder**  
**1 tsp. Worcestershire sauce**  
**4 anchovy fillets**

**1/4 c. milk**  
**1/4 c. red wine vinegar**  
**1/4 c. peanut oil**

Place first 6 ingredients in blender container; blend 1 minute. Gradually add oil in a fine steady stream while blending; chill. Serve prepared dressing over crispy lettuce.

## CRUNCHY PEA SALAD

**1/2 c. salad dressing**  
**1/4 c. Italian dressing**  
**1 (10-oz.) pkg. frozen peas, thawed, drained**  
**1 c. chopped celery**

**1 c. peanuts**  
**6 bacon slices, crispy, crumbled**  
**1/4 c. chopped red onion**

Combine salad dressing and Italian dressing; mix well. Add remaining ingredients. Mix lightly. Chill. Add additional salad dressing just before serving, if desired. Serve in tomatoes. Makes 8 servings.



## **EASY AU GRATIN POTATOES**

---

- |                             |                         |
|-----------------------------|-------------------------|
| 4-5 sliced potatoes         | 1/2 tsp. salt           |
| 1 can cheddar cheese soup   | 1 T. melted butter      |
| 1 pkg. sour cream sauce mix | 1/4 c. dry bread crumbs |
| 1/2 c. milk                 |                         |

Cook potatoes. Mix other ingredients except butter and crumbs. Place 1/2 of the potatoes in casserole. Top with half of the soup mixture; then the rest of the potatoes, topped again with soup mixture. Sprinkle crumbs on top and drizzle with butter. Bake at 375°, covered, for 25 minutes; then bake, uncovered, another 10 to 15 minutes.

## **EASY FRUIT SALAD**

---

- |   |   |
|---|---|
| 1 sm. pkg. instant pudding,<br>preferably pistachio | 8-oz. container Cool Whip               |
| 1 (2-lb.) can crushed pineapple,<br>undrained       | 8-oz. can mandarin oranges,<br>drained  |
| 1 to 2 c. miniature<br>marshmallows                 | 1/2 to 1 c. chopped nuts, if<br>desired |

Mix pineapple or 16-ounce can fruit cocktail and dry pudding in large bowl. Add remaining ingredients. Refrigerate. Make 24 hours before serving. May be used as a salad or dessert.

## **FRENCH POTATO SOUP**

---

- |  |                                |
|--|--------------------------------|
| 3 T. butter                                | 1 1/2 tsp. salt                |
| 1 1/2 c. sliced onions                     | 1/4 tsp. pepper                |
| 3 c. potatoes, thinly sliced               | 1/4 tsp. paprika               |
| 1 1/2 c. chicken broth (bouillon<br>cubes) | 1 c. light cream               |
| 1 1/2 c. hot milk                          | 3 T. chopped parsley or chives |

Melt butter over low heat in a saucepan; add onions, cover and cook slowly until onions are yellow. Add potatoes and chicken stock and cook until potatoes are tender. Press potatoes, onions and liquid through a sieve; add seasonings and cream to the pureed mixture. Serve hot or thoroughly chilled with chives or parsley.



## **GIANT CROUTONS**

*Gerri Biksadski  
Office*

12 slices bread, of your  
choice

6 T. unsalted butter

Salt & freshly ground black  
pepper, to taste

Cut the bread into thin strips (about 1 1/2 inches wide). In a large skillet, over medium heat, melt 2 tablespoons of butter. Add several strips of bread and saute until crisp. Drain on paper towels and salt and pepper to taste. Repeat until all strips are sauteed. Makes 48 giant croutons.

## **GREAT AMERICAN POTATO SALAD**

*Gerri Biksadski  
Office*

1 c. salad dressing

1 tsp. pure prepared mustard

1/2 tsp. celery seed

1/2 tsp. salt

1/8 tsp. pepper

4 c. cubed, cooked potatoes

2 hard-cooked eggs, chopped

1/2 c. chopped onion

1/2 c. celery slices

1/2 c. chopped sweet pickle

Stir together salad dressing, mustard, celery seed, salt and pepper. Add remaining ingredients; mix lightly. Chill. Makes 6 servings.

## **GREEN BEAN BAKE**

*Helen Gonia  
Apt. 700*

1 can cream of mushroom  
soup

2 (9-oz.) pkgs. frozen green  
beans, cooked & drained

1 (3 1/2-oz.) can French-fried  
onions

1/3 c. milk

1 tsp. soy sauce

Dash of pepper

In 1-quart casserole, stir soup, milk and pepper until smooth. Mix in green beans and 1/2 can onions. Bake at 350° for 25 minutes or until hot. Top with remaining onions. Bake 5 minutes more.



## **GREEN BEAN CASSEROLE**

---

*Marion Catura  
Apt. 213*

2 cans French-style beans,  
drained  
1 tsp. salt  
3/4 c. milk

1 can condensed cream of  
mushroom soup  
1/8 tsp. black pepper  
1 (3-oz.) can French fried  
onions

Combine milk, soup and pepper. Pour over beans. Add 1/2 can of onions. Pour into 1 1/2-quart casserole. Bake at 350° for 20 to 25 minutes. Garnish with remaining onion rings. Bake 5 minutes. Serve while hot.

## **HERBED CROUTONS**

---

1/4 c. grated Parmesan cheese  
2 T. oregano  
2 T. garlic powder  
1 T. basil

1/2 tsp. salt  
1/2 tsp. pepper  
4 to 5 c. dry bread cubes  
3 T. oil

In a small bowl mix cheese, oregano, garlic powder, basil, salt and pepper; set aside. In a large bowl toss bread cubes with oil; then toss with cheese mixture until mixed. Spread on ungreased cookie sheet. Bake at 225° for 1 hour, stirring occasionally so all sides toast. Cool. Makes about 4 to 5 cups. Store in a plastic bag. Will keep about a month.

## **HONEY MUSTARD COLESLAW**

---

*Avis Hoefs  
Apt. 805*

6 c. shredded cabbage  
1 c. shredded carrots  
1/4 c. finely chopped onions  
1/4 c. finely chopped green  
pepper

1 T. plus 1 tsp. vegetable oil  
1 T. Dijon mustard  
1 T. vinegar  
2 T. honey

In a large bowl combine cabbage, carrots, onions and pepper. In a small bowl mix remaining ingredients. Stir until well blended. Pour over cabbage mixture. Serves 4.



## **HOT BACON DRESSING** **(Courtesy of the Packing House)**

---

*Geri Biksadski  
Office*

- |   |  |
|---|--|
| 1 lb. bacon, fried crisp,<br>drained (Reserve 1 cup of ba-<br>con fat.) | 2 T. yellow salad mustard                                |
| 2 T. diced onions   | 1 tsp. salt  |
| 1/2 c. brown sugar, packed  | 1 tsp. paprika   |
| 3 T. red wine vinegar   | 1 to 1 1/2 lb. spinach, washed,<br>dried & stems removed |

Put fat in small saucepan. Over low heat, add onions, and saute until transparent. Add brown sugar, vinegar, mustard, paprika and salt. Mix well. Simmer 2 minutes or until all sugar is dissolved. Serve over spinach. Crumble bacon and sprinkle over salad. Makes 4 to 6 servings, 1 1/2 cup dressing.

## **HOT CHICKEN SALAD**

---

- |                              |  |
|------------------------------|--|
| 2 c. cut, cooked chicken     | 2 T. lemon juice                       |
| 1/2 c. slivered almonds      | 1 c. mayonnaise                        |
| 1 c. water chestnuts, sliced | 1/2 c. crumbled French fried<br>onions |
| 1 c. cut pimento             | 3/4 c. cheddar cheese                  |
| 1/4 tsp. celery salt         |  |
| 1/8 tsp. pepper              |  |

Mix chicken through mayonnaise; pour into 1 1/2-quart casserole. Mix remaining ingredients and sprinkle on top. Bake in a 350° oven about 40 minutes. Makes 6 servings.

## **HOT PARMESAN POTATO SALAD**

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- |                           |  |
|---------------------------|--|
| 1/3 c. Italian dressing   | 8 crisply cooked bacon slices,<br>crumbled |
| 4 c. cooked potato slices | 1/2 c. grated Parmesan cheese              |
| 1/2 c. celery slices      |  |
| 1/2 c. green onion slices |  |

Combine all ingredients but cheese. Cook over low heat until thoroughly heated. Stir occasionally. Remove from heat and stir in cheese. Serve hot. **Experience:** Nobody will use other people's experiences nor have any of his own until it is too late to use it.



## LOW CALORIE SOUP

*Kathy Poppy  
Apt. 300*

2 c. V-8 juice  
2 bouillon cubes  
2 pkgs. Knox gelatine  
1 can asparagus

1 can French-style green  
beans, undrained  
1 can zucchini, undrained  
2 c. chopped celery  
2 T. minced onion

Combine all ingredients. Heat until hot.

## MUSHROOM DUMPLINGS

1 c. flour  
2 tsp. baking powder

1/2 tsp. salt

Mix well.

1/2 c. cream of mushroom  
soup

Mix soup with enough water to make 3/4 cup. Stir ingredients well. Drop from teaspoon onto top of boiling stew or soup. Cover for about 15 minutes, and let boil on low flame. **Latin Proverb:** The face is the index of the mind.

## POTATO DUMPLINGS

*Dorothy Morris  
Apt. 305*

6 med.-sized potatoes  
2 eggs

1 1/2 tsp. salt  
1/2 c. flour

Boil potatoes. Chill thoroughly for 12 hours or more. Grate or rice potatoes. Add eggs, salt and flour. Beat batter with fork until fluffy. Roll lightly into balls and drop gently into boiling salted water. Cook, covered, for 10 minutes. Drain well. Balls should be approximately 1 inch in diameter.

## POTATO SOUP

Peel 5 large potatoes; cut into bite-sized pieces. In a medium-sized saucepan, add the following:

1 lg. onion  
2 T. butter  
1 c. water

3 c. milk  
2 tsp. salt  
Pepper to taste

Cook until vegetables are tender. Serves 6.



## **QUICK POTATO SALAD**

---

2 lbs. small red potatoes,  
cooked  
1/2 c. sliced green onions  
1 c. Ranch salad dressing

Paprika or black pepper  
Chives  
Crisp, cooked, crumbled bacon  
(Opt. garnish)

Cut slightly cooled potatoes into 1-inch cubes. In large bowl combine potatoes, onions, and salad dressing. Toss gently. Dust with paprika. Garnish with chives. Serve warm at room temperature.

## **POTATO PANCAKES**

---

1/2 c. flour  
2 eggs  
1 onion, thinly sliced  
1 tsp. salt

2 T. parsley  
3 c. diced raw potatoes (2 lg.  
Idahos)

Put all except potatoes into blender and blend. Add potatoes piece by piece. Form into pancakes and fry in hot fat in skillet.

## **SCALLOPED CORN**

---

*Mary Schroeder  
Apt. 605*

1 can cream-style corn  
1 c. milk  
1 well-beaten egg  
1 c. cracker crumbs  
1/4 c. finely chopped onion

3 T. chopped pimento  
3/4 tsp. salt  
Dash of pepper  
1/2 c. buttered cracker crumbs

Heat corn and milk over medium heat; stir in egg. Add cracker crumbs, onion, pimento, salt and pepper. Mix well. Pour into greased 8-inch baking dish or casserole dish. Top with buttered cracker crumbs. Bake at 350° for 20 minutes. Serves 6.

## **STRAWBERRY COTTAGE CHEESE JELLO**

---

2 (3-oz.) pkgs. strawberry Jello  
2 c. boiling water  
1 1/2 c. cream-style cottage  
cheese  
1 c. chopped strawberries

1 (6-oz.) can evaporated milk  
1/2 c. chopped walnuts  
1/2 c. mayonnaise  
1/2 tsp. lemon juice

Dissolve Jello in boiling water. Chill until thick but not set. Combine remaining ingredients. Add to Jello. Mix well and empty into 9 x 13-inch pan. Chill until set. **Tip:** To hasten the setting of salads using flavored gelatins, use less hot water and ice cubes.



## **VEGETABLE SEASONING BLEND**

---

*Geri Biksadski  
Office*

3 T. dried parsley flakes  
2 T. dried basil leaves  
2 T. dried whole oregano

1 T. dried whole savory or 1  
tsp. ground savory

Combine all ingredients. Stir well. Store in an airtight container in a cool, dry place. Yield: about 1/2 cup.

## **WILTED LETTUCE SALAD/MOCK SPINACH SALAD**

---

8 c. loosely packed lettuce  
leaf  
4 strips bacon  
1/2 c. onion, sliced

1 T. sugar  
1/2 tsp. salt  
1/8 tsp. pepper  
1/3 c. tarragon vinegar

Cook bacon until crisp; crumble. To bacon fat in skillet, add remaining ingredients, except lettuce. Cook 2 minutes. Pour hot dressing over lettuce. Sprinkle with bacon. Toss. Makes 4 servings. **Tip:** When taking salads on picnics, carry the dressing in a closed jar. Carry the greens in a damp cloth. Mix just before eating.

### **Recipe Favorites**



## Recipe Favorites

### POTATO PANCAKES

**Ingredients:**  
1/2 c. flour  
2 eggs  
1 onion, thinly sliced  
1/2 tsp. salt  
1/2 tsp. pepper  
1/3 c. tarragon vinegar  
1/2 c. loosely packed cottage cheese  
1/2 c. finely chopped onion  
1/2 c. buttered cracker crumbs  
Dash of pepper

**Directions:**  
Heat corn and milk over medium heat; stir in egg. Add cracker crumbs, onion, pimento, salt and pepper. Mix well. Pour into greased pan. Bake at 350° for 20 minutes. Serves 2.

### STRAWBERRY COTTAGE CHEESE JELLO

**Ingredients:**  
2 (3-oz) pkg. strawberry jello  
1 c. boiling water  
1/2 c. cream-style cottage cheese  
1/2 c. strawberries  
1/2 c. chopped strawberries

**Directions:**  
Dissolve jello in boiling water. Stir in remaining ingredients. Add to 2 (8-oz) containers of 13-inch x 9-inch x 1 1/2-inch pan. Bake at 350° for 20 minutes. Serves 2.





*Breads  
&  
Rolls*



## *Lovin' From The Oven*

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.
- Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm and if you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- To prevent scorching when scalding milk, first rinse pan in hot water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.
- Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.



# BREADS & ROLLS

## APPLESAUCE OATMEAL MUFFINS

---

Kay Konig  
Apt. 708

1 1/2 c. quick oats  
1 1/4 c. flour  
3/4 tsp. cinnamon

3/4 tsp. baking soda  
1 tsp. baking powder

Combine in a large bowl.

1 c. unsweetened applesauce  
1 egg white  
1/2 c. skim milk

3 T. vegetable oil  
1/2 c. raisins (more if you like)

Combine in a small bowl. Add liquid ingredients to dry mixture. Mix just until well moistened. Fill 12 muffin papers to almost full.

**Topping:**

1/2 c. oats  
1/8 tsp. cinnamon

1 T. packed brown sugar  
1 T. melted margarine

Combine above and sprinkle over batter in cups. Bake 20 to 22 minutes until deep golden brown in 400° oven.

## BAKED FRENCH BREAKFAST DOUGHNUTS

---

Gerri Biksadski  
Office

5 T. butter  
1/2 c. sugar  
1 egg, beaten  
1 1/2 c. flour  
2 1/4 tsp. baking powder  
1/4 tsp. salt

1/4 tsp. nutmeg  
1/2 c. milk  
6 T. butter, melted  
1/2 c. sugar  
1 tsp. cinnamon

Cream butter and the 1/2 cup sugar. Add egg. Mix well. Add sifted dry ingredients alternately with milk. Fill buttered muffin tins half full. Bake at 350° for 20 to 25 minutes. When done, remove from pans immediately and roll in butter; then cinnamon and sugar. Yields 12.



## **BAKING POWDER BISCUITS**

*Fanny Olson  
Apt. 301*

2 T. sugar	1/2 tsp. salt
2 c. sifted flour	1/2 c. shortening
4 tsp. baking powder	1 egg, unbeaten
1/2 tsp. cream of tartar	2/3 c. milk

Sift all dry ingredients together into bowl. Add shortening and blend together until like cornmeal. Pour milk into dry mix. Add egg and stir into until stiff. Roll 1/2-inch thick. Knead 5 times. Bake 10 to 15 minutes at 450°. **Hint:** When baking yeast breads, yeast grows best in non-softened water. Softener salts slow the yeast action.

## **BODERS MUFFINS**

*Mary Joyce Buetow  
Apt. 508*

### **Muffins:**

2 c. sifted flour	2 eggs
4 tsp. baking powder	1/2 c. melted butter or margarine
3/4 c. white sugar	1 c. milk
1 tsp. salt	
1 c. frozen or canned blueber- ries or sour cherries, drained	

### **Topping:**

1/2 tsp. cinnamon	1/2 c. sugar
-------------------	--------------

Sift dry ingredients in a large bowl. Add fruit and dry mix. Coat well. In a small bowl mix eggs well. Add melted butter and milk. Quickly stir liquid mixture into dry mixture; do not over mix. Fill cups 3/4 full and sprinkle with topping. Bake at 400° for 20 minutes. They freeze well.

## **CHEESE CARAWAY SANDWICH LOAF**

1 pkg. yeast	1 egg
3/4 c. warm water	1 c. grated sharp cheese
1 T. sugar	1 to 2 T. caraway seeds
1 tsp. salt	2 3/4 to 3 c. flour

In mixing bowl dissolve yeast in warm water. Stir in remaining ingredients using only half the flour. Mix with spoon until well blended. Add remaining flour to handle. Knead 8 to 10 minutes on lightly floured board. Place in greased bowl. Cover and let rise 1 hour. Punch down and cover and let rise until almost doubled (about 30 minutes). Shape into 1 round loaf, flatten top slightly;

(continued)



place on greased baking sheet. Cover with cloth. Let rise 1 hour. Bake 30 to 35 minutes in preheated oven at 375°. Makes 1 loaf. **To Serve:** Slice crosswise into 3 layers. Butter each layer and fill. "Bread is the staff of life."

## **DATE & NUT BREAD**

*Eleanore Kleppin*  
*Apt. 414*

<b>3/4 c. chopped walnuts</b>	<b>3/4 c. boiling water</b>
<b>1 c. dates, pitted &amp; chopped</b>	<b>2 eggs</b>
<b>1 1/2 tsp. baking soda</b>	<b>1 tsp. vanilla</b>
<b>1/2 tsp. salt</b>	<b>1 1/2 c. sifted flour</b>
<b>3 T. shortening</b>	<b>1 c. granulated sugar</b>

Mix first 4 ingredients with fork. Add shortening and water. Let stand 20 minutes. Heat oven to 350°. Beat eggs with fork. Add vanilla, then sugar and flour, kneading with fork. Add date mixture to blend. Pour into 9 x 5 x 3-inch loaf pan. Bake 1 hour until done.

## **GRAHAM DATE MUFFINS**

*Anna Batka*  
*Apt. 510*

<b>1 c. diced muffins</b>	<b>1 c. flour</b>
<b>1/4 c. sugar</b>	<b>4 tsp. baking powder</b>
<b>1 tsp. salt</b>	<b>1 c. graham cracker crumbs</b>
<b>1 c. hot milk</b>	<b>1/4 c. butter or oleo</b>
<b>2 eggs, slightly beaten</b>	

Sift flour, sugar, baking powder and salt into mixing bowl. Stir in graham cracker crumbs. Melt butter in hot milk, stir in with eggs and dates into flour mixture, just until blended. Spoon into well-greased muffin cups. Bake at 375° about 12 to 15 minutes.

## **PAN ROLLS-ITALIANO**

<b>3 1/2 to 4 c. flour</b>	<b>1/2 c. water</b>
<b>2 pkgs. dry yeast</b>	<b>2 T. butter</b>
<b>2 T. sugar</b>	<b>1 egg</b>
<b>2 tsp. garlic salt</b>	<b>1/2 c. Parmesan cheese</b>
<b>1 tsp. Italian dressing</b>	<b>2 T. butter, melted</b>
<b>1 c. milk</b>	<b>1/4 c. Parmesan cheese</b>

Combine 1 1/2 cups flour, yeast, sugar, garlic salt, and Italian seasoning. Mix well. In saucepan, heat milk, water and butter until warm. Add to flour mixture. Add egg. Beat at lowest speed until moistened. Beat 3 minutes at medium speed. By hand, gradually

(continued)



stir in Parmesan cheese and enough remaining flour to make a firm dough. Knead on floured surface until firm and elastic, about 5 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until light and doubled, about 45 minutes. Punch down dough and divide into 15 pieces. Form into balls. Dip tops into melted butter and Parmesan cheese. Place in well greased 13 x 9-inch baking pan. Cover and let rise in a warm place about 30 minutes. Bake at 375° 20 to 25 minutes until golden brown. Remove from pan and cool.

## **PARMESAN PUFF RING**

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<b>1 c. water</b>	<b>1 c. flour</b>
<b>1/2 c. butter or margarine</b>	<b>4 eggs</b>
<b>1/4 tsp. salt</b>	<b>4 T. grated Parmesan cheese</b>

In saucepan over high heat, heat water, butter and salt until butter melts and mixture boils. Reduce heat to low, add flour vigorously with wooden spoon until mixture forms a ball and leaves the sides of the pan. Remove from heat. Add eggs, one at a time, and beat after each. Grease cookie sheet and drop mounds of dough in a double ring about 10-inch in diameter. Sprinkle with cheese. Bake in 400° oven 40 to 45 minutes. Cool on rack. Very good.

## **PARMESAN STRIPS**

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<b>3 T. grated Parmesan cheese</b>	<b>1 pkg. crescent rolls</b>
<b>1/2 tsp. paprika</b>	<b>1 egg, beaten</b>

Combine cheese and paprika. With pastry wheel, cut each triangle of crescent roll into 8 to 10 strips. Pinch strips in center. Brush with beaten egg. Dip in Parmesan cheese mixture. Bake on an ungreased cookie sheet in 375° oven for 8 to 10 minutes. Makes 30.

## **ZUCCHINI BREAD**

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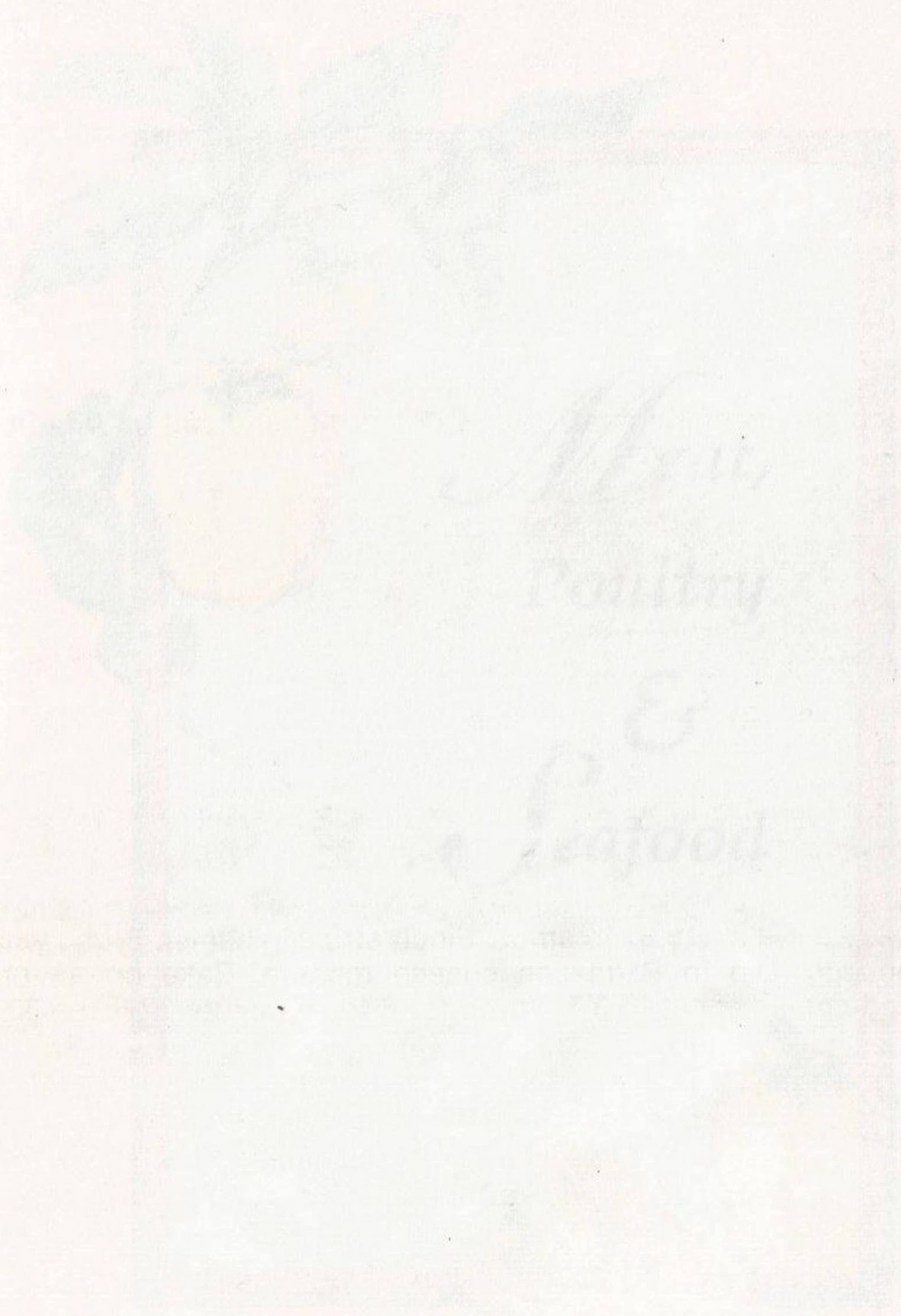
*Iva Schultz  
Apt. 806*

<b>2 c. flour</b>	<b>3 eggs</b>
<b>3 tsp. cinnamon</b>	<b>2 c. sugar</b>
<b>2 tsp. baking soda</b>	<b>1 c. oil</b>
<b>1/2 tsp. baking powder</b>	<b>2 tsp. vanilla</b>
<b>1 tsp. salt</b>	<b>2 c. shredded zucchini, drained</b>
<b>1 c. chopped nuts</b>	

Mix together dry ingredients. Beat eggs, sugar, oil and vanilla. Add zucchini. Fold in dry ingredients and nuts. Bake 1 hour at 350°. Makes 2 loaves.



# Recipe Favorites





## Recipe Favorites

1/2 lb. Parmesan cheese  
1/2 lb. dough. Press on floured surface until thin and even. Let rest 5 minutes. Place in greased bowl, turning to grease top. Cover and rise in warm place until yeast and doubled, about 45 minutes. Punch down dough and divide into 15 pieces. Form into balls. Dip tops into melted butter and Parmesan cheese. Place in well-greased 13x9-inch baking pan. Cover and let rise in a warm place about 30 minutes. Bake at 375° for 20 to 25 minutes until golden brown. Remove from pan and cool.

### PARMESAN PUFF RING

1 c. water  
1/2 c. butter or margarine  
1/4 tsp. salt  
1 c. flour  
4 eggs  
4 T. grated Parmesan cheese

In saucepan over high heat, heat water, butter and salt until butter melts and mixture boils. Reduce heat to low, add flour vigorously with wooden spoon until mixture forms a ball and leaves the sides of the pan. Remove from heat. Add eggs, one at a time, and beat after each. Grease cookie sheet and drop mounds of dough in a double ring about 10-inch in diameter. Sprinkle with cheese. Bake in 400° oven 40 to 45 minutes. Cool on rack. Very good.

### PARMESAN STRIPS

4 T. grated Parmesan cheese  
1/4 tsp. paprika  
1 pkg. crescent rolls  
1 egg, beaten

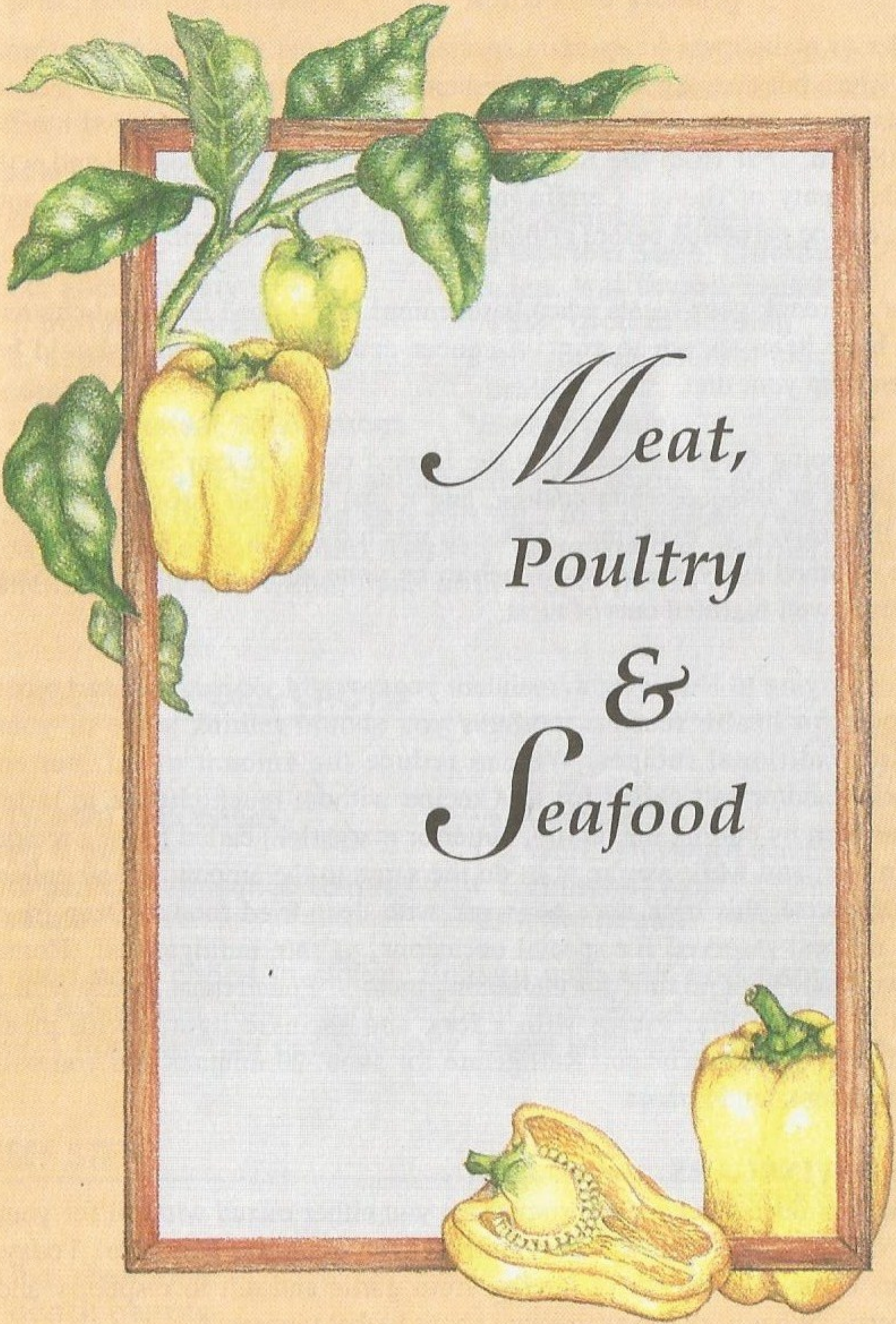
Combine cheese and paprika. With pastry wheel, cut each triangle of crescent roll into 6 to 10 strips. Place strips in center. Brush with beaten egg. Dip in Parmesan cheese mixture. Bake on an ungreased cookie sheet in 375° oven for 5 to 10 minutes. Makes 20.

### ZUCCHINI BREAD

1/2 c. oil  
2 c. flour  
1/2 cup. cinnamon  
2 tsp. baking soda  
1/2 tsp. baking powder  
1 tsp. salt  
1 c. chopped nuts  
3 eggs  
2 c. sugar  
4 c. oil  
2 tsp. vanilla  
2 c. shredded zucchini  
1/2 cup. raisins

Mix together dry ingredients. Beat eggs, sugar, oil and vanilla. Add zucchini. Fold in dry ingredients and nuts. Bake 1 hour at 350°. Makes 2 loaves.





*Meat,  
Poultry  
&  
Seafood*



# *The Healthy Gourmet*

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

## **HERBAL VINEGARS**

Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.



# MEAT, POULTRY & SEAFOOD

## APPLE-HERB STUFFED CHICKEN

---

2 (3-lb.) roasting chickens

Apple-herb stuffing

Stuff chicken with prepared stuffing. Place chicken on a rack, breast up. Rub skin with oil or margarine. Roast, uncovered, at 375° for 2 hours.

### Apple-Herb Stuffing:

3 med. onions, chopped (1 1/2 c.)

1/2 c. sliced celery

6 T. butter or margarine

3 c. apples, finely diced & cored

3 c. whole-wheat bread cubes

1/4 c. chopped parsley

1/2 tsp. leaf sage, crumbled

1/2 tsp. leaf thyme, crumbled

1/4 tsp. ground nutmeg

2 env. or tsp. instant chicken broth

1/2 c. hot water

Saute onion and butter in skillet until soft, about 5 minutes. Stir in apples; continue cooking and stirring 3 to 5 minutes. Remove from heat. Combine with bread, parsley, sage, thyme, nutmeg, instant chicken broth and water. Toss until evenly moist.

## BARBECUED PORK CHOPS

---

*Ada Hulse  
Apt. 212*

6 (1-inch) pork chops

Salt & pepper

1 (8-oz.) can seasoned tomato sauce

1/2 c. catsup

1 T. Worcestershire sauce

1 T. charcoal salt

1/2 T. onion salt

Brown pork chops in skillet. Season with salt and pepper. Combine remaining ingredients and pour over chops. Simmer until tender, 1 hour, turning occasionally. Serve with hot buttered rice.

## BEEF STEW

---

*Virginia Stuhlman  
Apt. 308*

2 lbs. stew meat

1 bunch carrots

1 sliced onion

1 stalk celery, cut up

2 tsp. salt

Pepper

1 T. sugar

3 T. miniature tapioca

1/2 c. tomato juice

3 potatoes

Mix ingredients. Cover and bake at 350° for 4 hours.



## **BRUNCH SAUSAGE RING**

---

2 lbs. bulk pork sausage  
2 eggs, beaten  
2 T. grated onion

1 1/2 c. fine dry toast or bread  
crumbs  
1/4 c. chopped parsley (opt.)

Preheat oven to 350°. Lightly butter a 9-inch ring mold. Mix ingredients well and place into mold. Bake 20 minutes. Take from oven and pour off excess fat. Bake 20 minutes more. Turn onto heated platter. Fill with scrambled eggs (8-12). Serves 8.

## **BURGER BUNDLES**

---

*Eleanore Kenyon  
Apt. 208*

1 c. herb-seasoned stuffing  
mix  
1 lb. ground beef  
1/3 c. evaporated milk

1 can condensed cream of  
mushroom soup  
2 tsp. Worcestershire sauce  
1 T. catsup

Prepare stuffing mix according to package instructions. Mix ground beef with milk. Divide into 5 patties. On waxed paper, flatten patties to form a 6-inch circle. Spoon 1/4 cup stuffing into center. Draw edges over stuffing and seal. Place in 1 1/2-quart casserole. Combine soup, Worcestershire sauce and catsup. Pour over meatballs. Bake, uncovered, at 350° for 45 to 50 minutes.

## **CHEESY CHICKEN ROLL-UPS**

---

1 3/4 c. cubed & cooked  
chicken  
1/2 c. shredded cheddar  
cheese

1 (8-oz.) can crescent dinner  
rolls  
10.5-oz. can cream of chicken  
soup, condensed  
1 c. milk

Preheat oven to 375°. In a small bowl combine chicken and 2 tablespoons cheese. Separate crescent rolls into 8 triangles. Place about 2 tablespoons chicken mixture in wide end of triangle. Roll up, starting at shortest side. Combine soup, milk and 1/4 cup cheese; heat until cheese melts. Pour 1/2 of soup mixture into greased 8-inch square baking dish. Arrange filled crescents over hot soup mixture. Bake 20 to 25 minutes or until golden brown. Sprinkle with remaining cheese and return to oven until cheese is melted. Serve with remaining sauce.



## **CHICKEN BROCCOLI VEGETABLE SAUTE**

---

*Rowena Bascambe  
Apt. 501*

**2 T. margarine (divided)**  
**4 skinless, boneless, chicken  
breasts, halved, about 1 lb.**  
**1 c. broccoli, cut up**  
**1/2 c. thinly sliced carrots**

**1 c. diced mushrooms**  
**1 (10.5-oz.) can cream of broc-  
coli soup**  
**1/4 c. milk**  
**1/4 tsp. salt**

In skillet heat 1 tablespoon margarine over medium heat. Cook for 10 minutes, or until brown on both sides. Remove chicken, keep-  
ing warm. In same skillet, cook broccoli, carrots and mushrooms  
for 5 minutes. Stir often. Stir in soup, milk and pepper. Heat to  
boiling. Return chicken to skillet. Reduce heat to low and simmer  
for 5 minutes, until chicken is tender. Serves 4. **Preparation Time:**  
10 minutes. **Cook Time:** 20 minutes.

## **CHICKEN DIVAN**

---

*Shirley Blum  
Apt. 811*

**2 boxes frozen or 2 bunches  
fresh broccoli**  
**3 c. cooked, sliced chicken  
breasts**  
**2 c. cream of chicken soup**  
**1 c. mayonnaise**

**1 tsp. lemon juice**  
**1/2 tsp. curry powder**  
**1/2 c. shredded cheese**  
**3/4 c. bread crumbs**  
**2 T. melted butter**

Cook broccoli in salted water until tender. Drain. Arrange in 11 x 7-  
inch pan. Place chicken on top. Combine soup, mayonnaise,  
lemon juice and curry powder. Pour over chicken. Sprinkle cheese  
on top. Combine bread crumbs, butter and sprinkle on top of  
cheese. Bake at 350° for an hour and fifteen minutes.



## **CHICKEN-HOW-SO**

---

2 chicken breasts, skinned & boned  
2 T. butter or margarine  
1 can golden mushroom soup  
1/2 c. water  
1 beef bouillon cube  
1 T. soy sauce  
1 tsp. Worcestershire sauce  
1/2 tsp. curry powder  
1/2 tsp. poppy seed

1 (8-oz.) can bamboo shoots, drained  
1/2 c. sliced celery  
1/2 c. sliced onion  
1 (3-oz.) can mushrooms  
1 sm. green pepper, cut in strips  
3 T. dry white wine  
1 (3-oz.) can chow mein noodles

Cut chicken into 1 1/2-inch pieces. In medium skillet, brown chicken in butter until golden brown. Stir in the soup, water, bouillon cube, soy and Worcestershire sauce, curry, poppy seed and mix well. Cover and simmer for 15 minutes, stirring occasionally. Add the bamboo shoots, celery, onion and mushrooms. Cover and simmer for 10 minutes or until tender and crisp. Stir in the green pepper and wine. Cover and simmer 2 to 3 minutes. Serve over chow mein noodles. Serves 4 to 6.

## **CHICKEN N' STUFFING SCALLOP**

---

1 (8-oz.) pkg. herb seasoned stuffing  
3 c. chicken, cooked & sliced  
1/2 c. butter  
1/2 c. flour

1/4 tsp. salt  
Dash of pepper  
4 c. chicken broth, from cooking  
6 slightly beaten eggs

Prepare stuffing according to package directions. Spread in 9 x 13-inch dish. Top with chicken. In saucepan, melt butter, blend in flour and seasonings. Add broth, cook and stir until mixture thickens. Stir small amount of hot mixture into eggs, return to hot mixture and pour over chicken. Bake at 325° for 45 minutes, or until knife inserted comes out clean. Let stand 5 minutes to set. Serve with mushroom sauce.

### **Mushroom Sauce:**

1 can mushroom soup  
1 c. sour cream

1/4 c. milk  
1/4 c. chopped pimento

Mix together and heat until hot.



## **CHICKEN-POTATO CHIP BAKE**

---

- |                             |                               |
|-----------------------------|-------------------------------|
| 2 c. cooked, cut up chicken | 2 T. lemon juice              |
| 2 c. sliced celery          | 1/2 tsp. salt                 |
| 1/2 c. mayonnaise           | 2 oz. shredded cheddar cheese |
| 1/3 c. slivered almonds     | 1 c. crushed potato chips     |
| 2 tsp. onion                |                               |

Mix all ingredients, except cheese and chips. Put in buttered casserole. Top with cheese and then chips. Bake, uncovered, about 30 minutes at 350°. If chips get too brown, cover. A good luncheon dish.

## **CHICKEN SATIMBOCCA**

---

- |   |                                     |
|---|-------------------------------------|
| 4 slices mozzarella cheese, cut in half               | 3/4 tsp. dry sage, crushed          |
| 4 lg. chicken breasts, boned & cut in half lengthwise | 2/3 c. dried fine bread crumbs      |
| 8 thin slices proscuitto ham                          | 4 T. freshly grated Parmesan cheese |
| 1 lg. or 2 med. tomatoes, seeded & chopped            | 4 T. chopped parsley                |
|   | 1/4 lb. butter or margarine, melted |

Place chicken boned side up on cutting board and put clear plastic wrap over it. Working from the center out, pound to 5 x 5-inch size. Remove wrap. Place ham slice and cheese slice on each piece of chicken, cutting to fit. Top with tomato and a dash of sage. Tuck tomato inside and roll up jellyroll style, pressing to seal well. Combine bread crumbs, cheese and parsley. Dip chicken in melted butter and roll in crumbs. Place in shallow pan and bake at 350° for 40 to 45 minutes. Serves 8.

## **CHICKEN STUFFING BAKE**

---

*Mabel Nettesheim  
Apt. 712*

- |                            |   |
|----------------------------|---|
| 3 c. chicken, cooked & cut | 1/2 c. water  |
| 3 1/2 c. seasoned croutons | 1/3 c. melted margarine                             |
| 1/2 c. celery, chopped     | 1/4 c. water mixed with 1 can cream of chicken soup |
| 1/2 c. chopped onion       |   |

Place chicken in ungreased 2-quart casserole pan. Toss croutons, celery and onion with 1/2 cup water and margarine until croutons are moist. Reserve 1/2 cup of the stuffing. Spread remaining stuffing over the chicken. Mix the 1/4 cup water with the soup, and pour over chicken. Top with reserved stuffing. Bake, uncovered, in 350° oven until hot, about 30 minutes.



## **CHINESE PORK & RICE**

---

*Jeannette Hofmeister*

*Apt. 514*

1 c. diced, cooked pork  
2/3 c. uncooked rice  
2 T. oil  
1 tsp. salt  
1 1/2 c. boiling water  
1 bouillon cube

2 tsp. soy sauce  
1 med. onion, chopped or  
diced  
2 stalks celery, chopped  
1 green pepper, chopped

Cook rice in hot oil until golden brown. Add salt, water, bouillon cube and soy sauce. Cover and cook 20 minutes. Add rest of ingredients and 1/4 cup more water if necessary. Cover tightly and cook 10 minutes more. Makes 4 servings.

## **CIOPPINO**

**(Fish)**

---

*Karen Nassetth*

*Apt. 812*

1/2 c. chopped green pepper  
1/2 c. chopped onion  
2 T. chopped parsley  
2 cloves garlic, minced  
1/4 c. olive oil  
10 3/4 oz. tomato soup  
1 soup can water  
1/4 tsp. basil, crushed

1 bay leaf  
1/4 tsp. grated lemon rind  
1/8 tsp. salt  
Dash of pepper  
1/4 c. dry white wine  
2 lb. haddock fillets, cut in 2-  
inch pieces

Cook pepper, onion, parsley and garlic in olive oil until vegetables are tender. Stir in soup, water, basil, bay leaf, lemon rind, salt and pepper. Cook over low heat about 10 minutes to blend flavors. Add fish and wine. Cook 10 minutes more. Shrimp or crab meat can also be used in lieu of or in addition to the haddock. Makes 6 to 8 servings.

## **CREAMED SALMON**

---

*Karen Nassetth*

*Apt. 812*

1/4 c. onion  
1 T. butter or margarine  
1 (10.5-oz.) can condensed  
cream of mushroom soup  
1/2 c. milk

1 (8-oz.) can salmon, drained &  
flaked  
3/4 c. cooked green beans  
3 T. lemon juice

Cook onion in butter until tender. Blend in soup, milk, fish, green beans and lemon. Heat; stir often. Serve over toast or rice. Makes 2 to 3 servings.



## **EASY CHICKEN DIVAN**

---

2 (10-oz. ea.) pkgs. frozen broccoli spears  
6 slices cooked chicken or turkey, 1/4-inch thick, or 2 c.  
6 slices cheese  
1 (14.5-oz.) can evaporated milk

1 (10.5-oz.) can condensed cream of mushroom/chicken soup  
1 (3.5-oz.) can French fried onion rings

Heat oven to 350°. Cook broccoli as directed on package. Place chicken in ungreased baking dish (11.5 x 7.5-inch). Arrange broccoli on chicken and top with cheese. Mix evaporated milk and soup. Pour over ingredients in baking dish. Bake, uncovered, for 25 minutes. Place onion rings on top and bake 5 minutes longer.

## **FOUR ALARM CHILI**

---

*Judith Serpe  
Apt. 201*

1 1/2 lbs. Italian sausage, casings removed & crumbled  
1 lg. onion, diced  
4 cloves garlic, minced  
2 T. oil  
2 (15-oz.) cans Hunt's chili beans, undrained  
1 (28-oz.) can Hunt's whole tomatoes, drained & crushed

1 c. beer or beef broth  
2 T. chili powder  
2 T. shredded & diced jalapeno peppers (opt.)  
1 tsp. cinnamon  
Shredded cheddar cheese  
Sour cream  
Green onions

In Dutch oven, cook sausage, onion and garlic in hot oil until pink. Drain. Add all other ingredients except the cheese, sour cream and onions. Simmer 45 minutes. Sprinkle remaining ingredients on top. Makes 6 servings.

## **FRENCH-STYLE CHICKEN**

---

2 lbs. chicken  
1/4 c. seasoned flour  
2 T. chopped onion  
1 sm. clove garlic, minced  
1/4 tsp. poultry seasoning

2 T. butter  
1 can cheddar cheese or cream of chicken soup  
1/2 c. canned tomatoes  
2 T. dry white wine (opt.)

Dust chicken with seasoned flour. Brown chicken, onion, poultry seasoning and garlic in butter. Add remaining ingredients. Cover; cook over low heat 45 minutes or until chicken is tender; stir often. Serves 4 to 6.



## GEORGIA'S CHICKEN RICE

*Cleora O'Rourke*  
Apt. 613

1 c. Minute Rice, uncooked      1 can cream of celery soup  
1 can cream of mushroom soup      1 c. water

Mix together and put in 9 x 13-inch pan. Lay chicken pieces on top. Sprinkle lightly with salt and pepper. Sprinkle with 1 package dry onion soup mix. Cover tightly with foil. Bake at 350° for 2 hours. Do not peak while cooking.

## HAM & BROCCOLI DIVAN

*Karen Nasseth*  
Apt. 812

12 slices trimmed bread      6 eggs, slightly beaten  
3/4 lb. cheddar cheese, sliced      3 1/2 c. milk  
10-oz. pkg. chopped broccoli,      1/2 tsp. salt  
    cooked 4-5 minutes      2 T. minced onion  
2 to 3 c. cubed, cooked ham

Cut bread in doughnut shape. Butter 9 x 13-inch pan. Put 1/2 the bread scraps on the bottom. Lay 1/2 the cheese slices on the bread. Spread broccoli, then ham and then the bread doughnuts on the cheese. Combine the eggs, salt, milk and onion and pour over the top. Lay remaining cheese slices on top. Cover with foil. Refrigerate overnight. Bake 1 hour to 1 hour and 15 minutes at 325°. Cool 15 minutes before cutting.

## HAMBURGER-CORN CONE PIE

*Harriet Bartelmas*  
Apt. 202

1 T. Crisco      1 lb. ground beef

Brown these 2 ingredients.

Add:

1/3 c. chopped onion      1 tsp. Worcestershire sauce  
2 tsp. chili powder      1 can stewed tomatoes  
3/4 tsp. salt      1 can kidney beans, drained

Add these to the above mixture. Simmer 15 minutes. Pour into deep dish pie plate. Top with 1 package Jiffy cornbread. Bake at 400° for 30 minutes.



## HUNGARIAN GOULASH

*Karen Nasseth*

*Apt. 812*

- |                              |                            |
|------------------------------|----------------------------|
| 1 lb. hamburger              | 1 can tomato soup          |
| 1 onion                      | 1 (8-oz.) can tomato sauce |
| 5 med.-sized potatoes        | Salt & pepper to taste     |
| Dash of Worcestershire sauce | 1 (3-oz.) can mushrooms    |

Brown hamburger and onion together. Peel and cut potatoes into bite-sized pieces. Combine with the rest of the ingredients. Warm through.

## MAIN DISH CHICKEN STRATA

Cube 9 slices butter crust bread. Spread  $\frac{3}{4}$  of the bread on the bottom of a well-buttered 9 x 13-inch pan. Mix together:

- |  |                                 |
|--|---------------------------------|
| 4 c. cooked chicken  | 1 c. sliced celery              |
| $\frac{1}{2}$ lb. mushrooms, sliced & sauteed in 4 T. butter | $\frac{1}{3}$ c. sliced pimento |
| 8-oz. sliced water chestnuts                                 | 2 T. lemon juice                |
|  | $\frac{1}{2}$ c. salad dressing |

Spread over cubes, and put remaining cubes over mix. Top with 1 cup grated cheddar cheese.

Combine:

- |                            |                           |
|----------------------------|---------------------------|
| 4 beaten eggs              | 1 tsp. salt               |
| 2 c. chicken broth         | $\frac{1}{2}$ tsp. pepper |
| 1 can cream of celery soup |                           |

Pour over all and refrigerate overnight. Before baking, bring to room temperature. Cover with 1 can cream of mushroom soup. Bake 1  $\frac{1}{2}$  hours at 350°. Let stand 15 minutes before cutting.

## MUSHROOM POT ROAST

*Gloria Messer*

*Apt. 108*

- |                                 |   |
|---------------------------------|---|
| 3-4 lbs. beef pot roast         | $\frac{1}{4}$ tsp. marjoram             |
| 2 onions, sliced                | $\frac{1}{4}$ tsp. rosemary             |
| $\frac{1}{2}$ c. water          | $\frac{1}{4}$ tsp. thyme                |
| $\frac{1}{4}$ c. catsup         | 1 bay leaf                              |
| $\frac{1}{3}$ c. cooking sherry | 1 (6-oz.) can broiled, sliced mushrooms |
| 1 clove garlic, minced          |   |
| $\frac{1}{4}$ tsp. dry mustard  |   |

Trim excess fat from roast. Dredge meat in flour. Brown slowly on all sides in fat. Season with salt and pepper. Add onions, mix and add all ingredients except mushrooms. Cook slowly, 2  $\frac{1}{2}$  hours or

(continued)



until done. Add mushrooms and liquid. Heat. Remove meat to warm platter. Skim fat from stock. Blend 1 tablespoon flour and  $\frac{1}{4}$  cup cold water. Gradually stir into stock. Cook and stir until sauce thickens. Add salt and pepper to taste. Serve over meat. Serves 6-8.

## **NO PEEK CHICKEN**

---

1 can cream of celery soup  
1 can cream of mushroom soup  
1 soup can full milk  
1 c. uncooked rice  
1 pkg. dry onion soup mix

1 fryer chicken cut into pieces,  
or 2 chicken breasts, split in  
half  
1 can mushroom stems &  
pieces

Grease a large baking pan. Blend the cream of celery and the cream of mushroom soups with the milk. Put mixture into baking dish, lay chicken pieces over it, and sprinkle with dry onion soup mix. Cover with aluminum foil and bake at  $325^{\circ}$  for about  $1\frac{1}{2}$  hours. DON'T PEEK WHILE BAKING. When done, if your chicken doesn't look brown enough, put under broiler for a couple of minutes.

## **ONION BURGERS**

---

1 lb. ground beef  
2 T. flour

1 can onion soup  
8 buns

Brown ground beef. Add onion soup and flour. Cook until thoroughly heated and thickened. Fill buns.

## **OVEN STEW**

---

2 lbs. beef stew meat  
1 onion, quartered  
4 carrots, pared & quartered  
4 celery stalks, quartered  
 $\frac{1}{2}$  green pepper, chopped  
 $\frac{1}{4}$  c. quick cooking tapioca

2 c. mushrooms, or 1 can  
 $\frac{1}{4}$  tsp. pepper  
1 tsp. salt  
1 lb. 12-oz. can tomatoes  
 $\frac{3}{4}$  c. dry red wine  
 $\frac{1}{4}$  c. dry bread crumbs

Combine all in a large Dutch oven. Cover tightly. Cook at  $300^{\circ}$  for 4 hours. Do not uncover during cooking time.



## **PARTY CHICKEN**

---

4 whole chicken breasts  
1 can French-style green  
beans  
1/2 c. chopped onion  
1 can bean sprouts  
1 can water chestnuts

1 can bamboo shoots  
1 can mushroom soup, diluted  
with chicken broth  
3/4 c. grated cheddar cheese  
1 pkg. canned onion rings

Brown chicken in butter, simmer and cut into large pieces. Reserve broth. Slice water chestnuts. Mix chicken, beans and onions, bean sprouts, water chestnuts, shoots, mushroom soup and cheese. Place in 2-quart casserole. Bake at 350° for 1 hour. Ten minutes before serving, cover with onion rings. Finish baking.

## **PARTY CHICKEN SANDWICHES**

---

*Marge Goldman  
Apt. 910*

1 1/2 c. cooked chicken,  
chopped finely  
1 c. Miracle Whip salad  
dressing  
1 (4-oz.) can chopped chilies,  
drained

3/4 c. (3 oz.) shredded cheddar  
cheese  
1/4 c. finely chopped onion  
36 party rye or pumpernickel  
bread slices

Combine chicken, dressing, chilies, cheese and onions; mix lightly. Cover bread slices with chicken mixture. Broil 5 minutes or until lightly browned. Serve hot. Garnish as desired.

## **QUICK & EASY HAMBURGER STROGANOFF**

---

*Karen Nassetth  
Apt. 812*

1 lb. ground beef  
1/2 c. chopped onion  
1/4 c. butter  
2 T. flour  
1 tsp. salt  
1 tsp. garlic salt

1/4 tsp. pepper  
1 (8-oz.) can mushroom stems  
& pieces, drained  
1 (10.5-oz.) can condensed  
cream of chicken soup  
1 c. sour cream

In a large skillet cook and stir ground beef and onion in butter until onion is tender. Drain off excess fat. Stir in flour, salt, garlic salt, pepper and mushrooms; cook for 5 minutes. Stir constantly. Remove from heat and stir in soup; simmer, uncovered, 10 minutes. Stir in sour cream; heat through. Serve over noodles or rice. Makes 6 servings.



## **SAUTEED CHICKEN CUTLETS**

---

2 whole chicken breasts,  
skinned & boned  
Salt & pepper to taste  
1 c. bread crumbs

1/2 c. Parmesan cheese  
2 eggs, beaten  
1/4 c. margarine

Pound chicken to less than 1/4-inch between waxed paper. Cut each half into 2 pieces crosswise. Season with desired seasonings. Mix crumbs and cheese. Dip chicken in egg and then crumbs. Brown margarine in skillet. Add chicken and saute over medium heat 4 minutes each side. Serves 4.

## **SEAFOOD NEWBURG**

---

*Bernard Baruch*

1 (10-oz.) can condensed  
cream of shrimp soup  
1/2 c. milk

1 (6-oz.) can lobster, drained &  
flaked  
1 T. sauterne

Heat milk and soup slowly. Add lobster and sauterne. Heat a few minutes more; stir often. Serve over rice. Makes 2 to 3 servings. To me, old age is always 15 years older than I am.

## **SHRIMP CREOLE**

---

3/4 c. chopped onion  
1 clove garlic, minced  
1 med. green pepper, finely  
chopped  
1/2 c. chopped celery  
2 T. butter  
1 (16-oz.) can tomato sauce

1/2 c. water  
1 bay leaf  
1 tsp. parsley  
1 tsp. salt  
Pinch of paprika  
1/8 tsp. cayenne pepper  
3/4 lb. cooked shrimp

Saute onion, garlic, green pepper and celery in butter about 5 minutes (until tender). Remove from heat; stir in tomato sauce, water, bay leaf, parsley, salt, cayenne pepper and paprika. Simmer 10 minutes. Add additional water if needed. Add shrimp. Bring mixture to a boil. Cook, covered, over medium heat 5 minutes. Serve over rice. Makes 2 generous servings.



## **SOUTHERN FRIED CHICKEN**

---

*Karen Nasseth  
Apt. 812*

**1 whole chicken, cut up**  
**1 c. flour**

**1 tsp. baking powder**  
**Milk**

Dip chicken pieces into milk; then into flour mixture. Dip pieces 2 times in the same manner. Deep fry until golden brown. Bake 1/2 hour at 350°.

## **TOASTED SALMON FILLETS**

---

*Grace Beller  
Apt. 803*

**2 c. (1 lb.) canned salmon**  
**Mayonnaise**

**Bread or cracker crumbs**  
**Tomatoes/pineapple slices**

Break salmon into large pieces. Roll in mayonnaise and bread/cracker crumbs. Place on buttered baking sheet and bake in hot oven (450°) for 10 to 12 minutes. Serve with garnish of quartered tomatoes or lightly browned pineapple sections and parsley. Serves 6.

### **Recipe Favorites**



## Recipe Favorites

1/2 cup milk

1/2 cup flour

1 whole chicken, cut up, 2 cups milk powder, 2 eggs

1/2 cup oil, 1/2 cup

1/2 cup chicken pieces into milk, then into flour mixture. Dip pieces 2

times in the same mixture. Dip in egg and bread crumbs. Fry in oil

for 10-15 minutes. Drain on paper towels. Serve with

tomato sauce. Makes 4 servings.

1/2 cup oil, 1/2 cup

1/2 cup flour, 1/2 cup

### TOASTED SALMON FILLETS

2 c. (1 lb.) canned salmon

1/2 cup

1/2 cup cracker crumbs

1/2 cup

Break salmon into large pieces. Roll in mixture and bread

cracker crumbs. Place on buttered baking sheet and bake in hot

oven (450°F) for 10 to 12 minutes. Serve with garnish of dill and

tomatoes or lightly browned mushrooms, onions and celery.

Serves 4 as a hot entrée or 6 as a snack.

1/2 cup milk, 1/2 cup

## Recipe Favorites

### SHRIMP CREOLE

1/2 c. chopped onion

1 clove garlic, minced

1/2 c. green pepper, finely

chopped

1/2 c. chopped celery

2 T. butter

1 (15-oz.) can tomato sauce

1/2 c. water

1/2 c. dry white wine

1/2 c. parsley

1/2 c. salt

Pinch of paprika

1/2 c. cayenne pepper

1/2 lb. cooked shrimp

Sauté onion, garlic, green pepper and celery in butter about 5 min-

utes until tender. Remove from heat; add in tomato sauce, water,

dry wine, parsley, salt, cayenne pepper and paprika. Simmer 10

minutes. Add additional water if needed. Add shrimp. Bring mix-

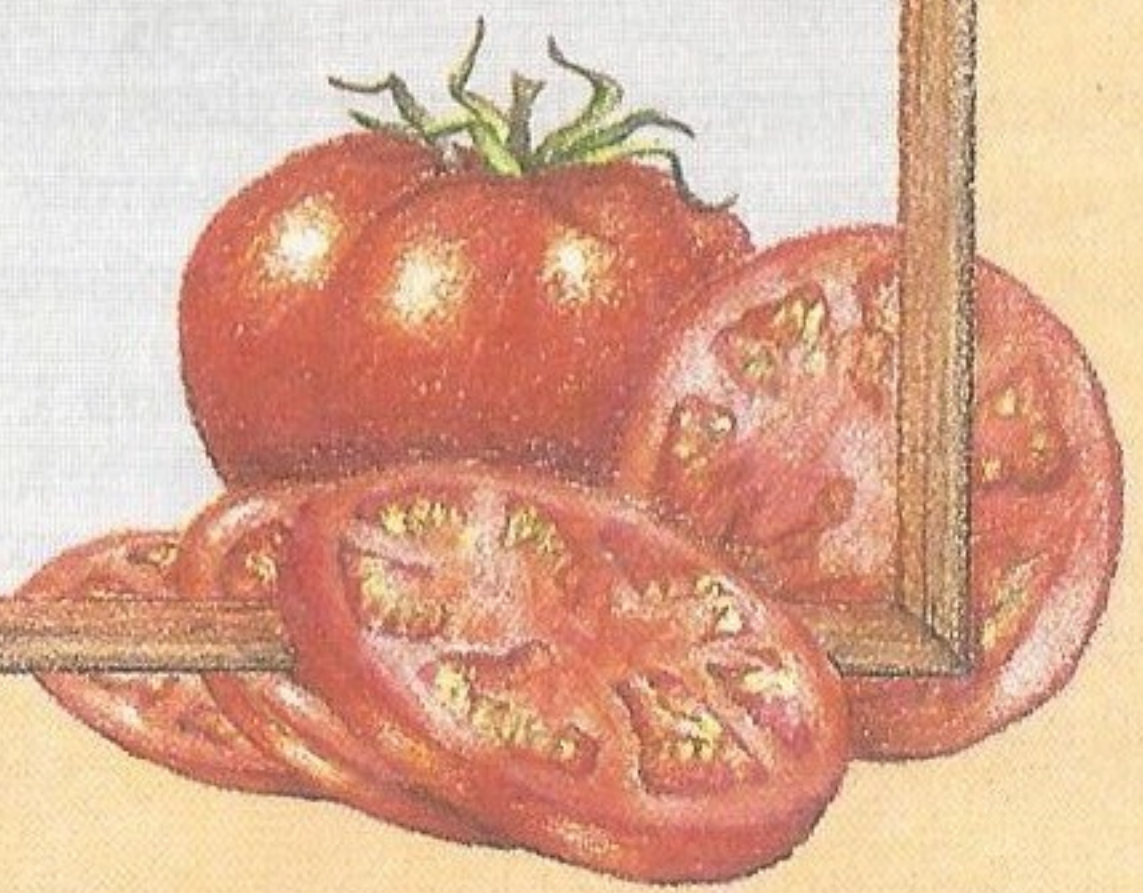
ture to a boil. Cook, covered, over medium heat 5 minutes. Serve

over rice. Makes 2 servings.





*Main  
Dishes  
&  
Casseroles*





## *Main Dish Mentionables*

- When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking while being heated.
- Don't refreeze cooked thawed foods.
- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.
- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.
- Don't freeze cooked egg white. It becomes tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good thickener for stews.
- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware.
- The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made more of earthenware and were glazed inside. They had covers and were similar to those that are still used today in France.
- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.



# MAIN DISHES & CASSEROLES

## BAKED EGGPLANT CASSEROLE

*Lilian Sutherin*

1/2 lb. eggplant  
Boiling water  
1-lb. can tomatoes, drained  
1 clove garlic  
1/2 tsp. salt

Dash of pepper  
12-oz. can whole-kernel corn,  
drained  
1/2 c. grated cheddar cheese

Wash eggplant; pare and cut into 1-inch cubes. In medium saucepan pour boiling water over eggplant to measure 1 inch. Boil gently, covered, 5 minutes or until eggplant is just tender. Drain well. Coarsely chop tomatoes. In a buttered casserole, combine tomatoes, garlic, salt, pepper, corn, and eggplant. Mix well. Sprinkle top with cheese. Bake, uncovered, 20 minutes at 400°. Serves 6.

## BEEF CASSEROLE

*Sandra Fiore*  
Apt. 204

1 lb. beef (chuck/stew meat),  
cut in small pieces  
1 med.-sized green pepper  
1 med. onion

1 can mushrooms or 1 lb.  
fresh mushrooms  
1 can mushroom soup,  
undiluted

Make in small Dutch oven or large fry pan. Cover and bake at 300° for 2 1/2 or 3 hours. Test to see if done sooner. Can be frozen.

## BROCCOLI-CAULIFLOWER CASSEROLE

*Lilian Sutherin*  
Apt. 713

1 1/2 pkgs. frozen broccoli &  
cauliflower pieces, thawed  
1 c. rice, cooked  
1/2 can cream of chicken soup

1 onion, chopped finely  
4 T. margarine  
3/4 jar Cheez Whiz (lg.)  
Salt & pepper

Combine everything in a casserole. Cover and bake at 350° for 35 minutes.



## CASSEROLE VON REUBEN

*Mickey Schwenn  
Apt. 302*

1 (6-oz.) box Brownberry seasoned croutons  
1 (12-oz.) can corned beef, crumbled  
1 (16-oz.) can sauerkraut, drained

1 (8-oz.) pkg. Swiss cheese slices  
3 eggs  
2 c. milk

Butter a 9 x 13-inch pan. Layer half of the pan with croutons. Layer crumbled corned beef over croutons. Spread sauerkraut over corned beef. Cover with rest of croutons, and lay slices of Swiss cheese over top. Beat eggs; add milk and pour over top. Bake at 325° for 45 minutes. **Note:** Do not use dressing with this. It must be topped with a box of croutons.

## CHICKEN & RICE

*Maria Mendez  
Apt. 401*

4 chicken breasts  
1 1/2 c. rice (not Minute Rice)  
1 1/2 c. hot water  
1 1/2 c. cold water  
1 1/2 c. chicken broth  
1/2 c. shortening

1 (4-oz.) can tomato paste  
1 chopped green pepper  
1 med.-sized onion, chopped  
1/4 tsp. garlic salt  
1 tsp. salt  
1 (4-oz.) can small peas

Cook chicken in water until tender, with salt and a piece of onion. Cut into pieces, when cool. Fry rice in 1/2 cup shortening until golden brown. Add onion, green pepper, salt, garlic salt and tomato sauce. Add hot water and let simmer, uncovered, until almost dry. Do not stir. Add cold water and cover; let simmer more, without stirring. Add a little chicken broth, moistening the rice from time to time. Do not allow it to become soggy. Simmer until rice is tender and liquid is absorbed.

## CHICKEN/RICE CASSEROLE

*Georgia Smart  
Apt. 600*

3/4 c. rice  
1 c. cream of mushroom soup

1 c. cream of celery soup  
1 c. cream of chicken soup

Mix above in 9 x 13-inch pan. Place chicken breasts on top. Bake, covered, for 1 hour and 10 minutes at 350°. Uncover and bake 1/2 hour more until chicken is tender. Serves 6.



## **EGG CASSEROLE**

---

3 doz. eggs  
1 can cream of mushroom  
soup  
1/2 green pepper, diced  
1/2 onion, diced

3/4 c. Velveeta cheese, cubed  
1/2 soup can milk  
1 lb. mushrooms  
3 T. butter

Saute onion, pepper and mushrooms in 3 tablespoons of butter. Beat eggs. Use 2 large frying pans with 2 1/2 tablespoons butter in each to scramble eggs. Mix cooked eggs, vegetables, milk, soup and cheese. Place in greased glass casserole dish. Refrigerate overnight. Bake at 300° for 1 1/2 hours. May be cut in 1/2 to 1/4-inch pieces.

## **EGG STRATA**

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*Darlene Behrens  
Office*

2 c. seasoned croutons  
8 oz. shredded cheddar  
cheese

Pre-cooked sausage, sliced  
6 eggs  
2 c. milk

Place the croutons on the bottom of a greased casserole. Layer cheese and sausage on top. Mix milk and eggs; pour over croutons. Cover and refrigerate overnight. Bake 40 to 50 minutes at 325°.

## **FAT MAMMA'S ITALIAN SAUCE & MEATBALLS**

---

1 lb. bacon  
5 lbs. ground chuck  
5 lg. cans tomato puree  
2 (12-oz.) cans tomato paste  
2 pkgs. onion soup mix  
1/4 tsp. garlic powder  
8 T. basil

8 T. parsley flakes  
8 T. whole oregano  
4 T. thyme  
8 oz. Parmesan cheese  
5 bay leaves  
6 T. sugar  
3 tsp. baking soda

Fry bacon crisp and set aside. Brown beef in same skillet; add garlic powder and 1 package soup mix. Drain fat; put beef mixture in large pan. Add puree and 5 cans of water. Add tomato paste and crumbled bacon. Stir in other package of soup mix and 6 tablespoons basil, oregano, parsley and 4 tablespoons thyme. Add cheese. Salt and pepper to taste. Add bay leaves and sugar. Simmer 2 hours. Add remaining spices; simmer 1 more hour; then add baking soda. When bubbling stops, remove from heat. Cool and skim. Reheat and serve. Can be frozen. This sauce fills a large roaster, so be prepared.



## GREEN BEAN CASSEROLE

*Irene Poshepny*

*Apt. 104*

2 cans green beans or  
fresh or frozen  
1 can cream of mushroom  
soup

3 T. milk  
Grated cheese

Dilute soup with milk. Mix drained green beans with soup mixture. Top with cheese. Bake in a 350° oven for 30 minutes.

## HAM & NOODLES

*Karen Nasseth*

*Apt. 812*

1/2 lb. smoked ham  
1 med. onion

1/2 lb. American cheese

Put these ingredients through the food processor. Add:

6-oz. pkg. drained, cooked  
noodles

Place in a greased 9 x 13-inch pan. Pour over mixture:

2 beaten eggs  
10-oz. can mushroom soup

1/2 c. milk  
1/2 tsp. salt

Bake in moderate oven (325°) for 1 hour.

## LASAGNE

2 T. oil  
1 lb. ground beef  
1 clove garlic  
1 T. parsley flakes  
2 (6-oz.) cans tomato paste  
2 1/2 tsp. oregano  
2 1/2 tsp. basil  
1 1/2 tsp. salt  
1/8 tsp. pepper  
1-lb. can or 2 c. tomatoes

9 lasagne noodles  
1 T. butter  
1 egg  
1 lb. cottage cheese  
1/2 tsp. salt  
6 long slices mozzarella  
cheese  
2 T. melted butter  
Grated Ramono cheese

Brown ground beef. Add garlic, parsley flakes through tomatoes. Simmer, uncovered, for 30 minutes, until thick. Cook noodles; drain, but do not rinse. Lightly butter noodles with 1 tablespoon butter. Beat eggs slightly and add cottage cheese and salt. Lightly grease 13 x 9 x 2-inch pan. Place 3 noodles in pan and spread on half of the cheese mixture, 1/2 of the meat mixture and 3 slices cheese. Repeat. Top with the last 3 noodles and butter the top.

(continued)



Sprinkle with Romano cheese. Bake 40 minutes at 375°. Let stand 15 minutes before cutting. Makes 12 to 15 servings. Can be frozen.

## **NO MEAT SPECIAL-K ROAST**

*Lola Bryant*  
Apt. 214

4 c. Special-K cereal	1 med. onion
2 eggs	1 stick margarine
2 pkgs. George Washington broth	$\frac{3}{8}$ c. nuts, chopped fine
1-lb. carton sm. curd cottage cheese	$\frac{1}{8}$ tsp. garlic powder
	$\frac{3}{4}$ tsp. basil

Saute onion and margarine. Mix all ingredients. Pour into a 8 x 8 x 2-inch pan. Bake 1 hour at 350°.

## **NO PEEK-CHICKEN CASSEROLE**

*Lilian Sutherin*  
Apt. 713

1 $\frac{1}{2}$ c. Minute Rice (uncooked)	1 can cream of celery soup
1 can cream of mushroom soup	1 pkg. dry onion soup mix
	1 whole chicken, cut in pieces

Place rice in bottom of baking dish. Place chicken on top of rice. Cover with combined soups. Sprinkle with dry onion soup. Cover with foil. Bake at 350° for 2  $\frac{1}{2}$  hours. Salad of your choice makes a complete meal.

## **PIZZA SANDWICHES**

1 lb. ground beef	$\frac{2}{3}$ c. milk
2 (8-oz.) cans tomato sauce	8 slices American cheese
1 tsp. oregano	1 (2-oz.) can sliced mush- rooms, drained
2 c. Bisquick baking mix	$\frac{1}{4}$ c. grated Parmesan cheese
1 egg	

Heat oven to 400°. Cook and stir ground beef until brown; drain. Mix in 1 can of tomato sauce and the oregano; simmer, uncovered, 10 minutes. Stir baking mix, egg and milk into a soft dough. Spread  $\frac{1}{2}$  of dough in a greased 9 x 9 x 2-inch pan. Pour remaining can of tomato sauce into dough, spreading evenly. Layer 4 slices of cheese, the meat mixture, mushrooms and the cheeses. Cover with remaining dough. Bake 20 to 25 minutes or until golden brown. Serves 4 to 6.



## **SIX-LAYER CASSEROLE**

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*Doris Clouse  
Apt. 513*

6 potatoes, sliced  
1 lb. ground beef  
1 sm. onion, diced  
5-6 carrots, sliced

Stalk celery, sliced  
1 can peas  
1 can tomatoes  
1 green pepper

Put potatoes in greased casserole. Cover with browned meat and onion; then with a layer of carrots and celery. Add the peas. Top with tomatoes and green pepper rings. Season each layer with salt and pepper. Bake 2 hours at 350°.

## **TURKEY MUSHROOM QUICHE**

---

1 c. turkey, finely chopped  
1 (3-oz.) can sliced mushrooms  
or 1/2 c. sliced fresh  
mushrooms  
1 (9-inch) pastry shell, cooled

3/4 c. (3 oz.) shredded proc-  
essed American cheese  
1 can condensed cream of  
mushroom soup  
1/4 c. milk  
4 slightly beaten eggs

Arrange turkey and mushrooms in pastry; sprinkle with cheese. In a small saucepan combine soup and milk; heat to boiling, stirring constantly. Gradually stir into eggs. Pour soup mix over cheese. Bake at 325° for 40 to 45 minutes or until knife comes out clean. Let stand 10 minutes before serving. Serves 6. This is a good way to use leftover turkey.

## **VEGETABLE PIZZA**

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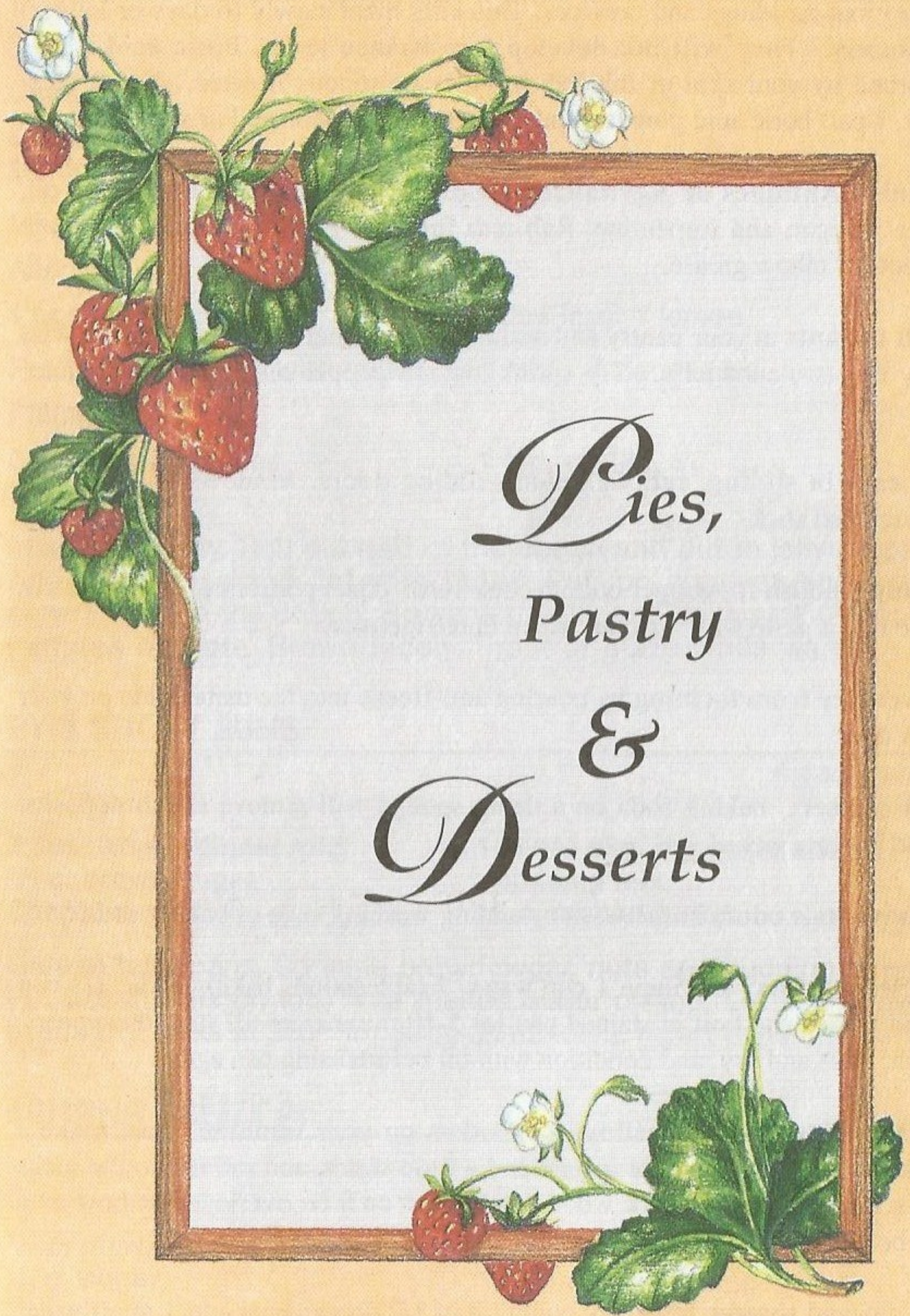
*Edna Graf  
Apt. 407*

2 pkgs. crescent rolls  
2 (8-oz.) pkgs. cream cheese  
2 tsp. dill weed  
1 c. mayonnaise  
1 tsp. seasoned salt  
1 cucumber  
2 green peppers

1 bunch green onions  
1 sm. pkg. fresh mushrooms  
1 sm. can black olives  
1/3 jar green salad olives  
3 to 4 tomatoes  
1 sm. bunch broccoli

Line cookie sheet with rolls, sealing edges. Bake 11 to 15 minutes at 375°. Cool. Mix cream cheese, mayonnaise, dill weed and salt; spread on crescent rolls. Save 1/3 of mixture to decorate top of pizza. Chop vegetables and arrange as you wish. Sprinkle balance of cream cheese mixture on top and cut in squares.





*Pies,  
Pastry  
&  
Desserts*



## *Household Tips*

**Roach Poison:** Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and 1/2 part sugar. Mix well or sift.

**Refinish Antiques or Revitalize Wood:** Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

**Stalk the ants** in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

**For ease in sliding,** rub wax along sliding doors, windows and wooden drawers that stick.

**A simple polish** for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

**Prevent ice from forming** by pouring anti-freeze into the metal slide on your glass door.

**Iron cleaner:** baking soda on a damp sponge will remove starch deposits. (Cold iron.)

**Remove stale odors** in the wash by adding washing soda or baking soda.

**To clean Teflon:** combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

**A little instant coffee** will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

**For clogged shower head,** try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

**For a spicy aroma,** toss dried orange and lemon rinds into your fireplace.



# PIES, PASTRY & DESSERTS

## APPLE SQUARES

*Vivian Giese*  
Apt. 706

### Crust:

5 c. flour  
2 c. lard

Salt

Mix together.

### Add:

1 egg

Juice from 1 lemon

Put *1 egg + lemon juice* in cup and fill with water, add more if necessary.

### Filling:

8 med.-sized apples  
1 c. sugar

1 tsp. vanilla

Mix thoroughly. Roll out half of the dough and put in jellyroll pan. Add the apples and dot with butter. Put top crust on and make several slits in the dough. Brush with milk and bake at 350° for 25 minutes or more. Brown nicely. Frost or glaze while warm.

## AVIS STICKY BUNS

*Alean Harris*  
Apt. 302

2 doz. frozen dinner rolls  
1/2 c. brown sugar  
Chopped nuts

1 (3-oz.) pkg. dry butterscotch  
pudding mix  
1/2 c. melted butter

Grease tube pans. Sprinkle brown sugar, nuts and pudding in pan. Put frozen rolls on top. Pour melted butter on top. Let rise in oven overnight. Bake at 350° for 30 to 35 minutes. Invert pans and serve.

## BANANA BREEZE PIE

### Crust:

1/3 c. margarine or butter  
1/4 c. sugar

1/2 tsp. cinnamon  
1 c. cornflake crumbs

Melt margarine, cinnamon and sugar in a small saucepan. Place over low heat; stir constantly until bubbles form around the edges of the pan. Remove from heat. Add cornflake crumbs. Mix well. Press mixture evenly in 9-inch pie pan. Chill.

### Filling:

(continued)



1 (8-oz.) pkg. cream cheese,  
softened  
1 can sweetened condensed  
milk

$\frac{1}{3}$  c. bottled lemon juice  
1 tsp. vanilla extract  
4 med.-sized ripe bananas  
2 T. bottled lemon juice

Beat cheese until light and fluffy. Add milk; blend thoroughly. Add  $\frac{1}{3}$  cup lemon juice and vanilla. Stir until thickened. Slice 3 bananas; line crust. Fill and refrigerate 2-3 hours. Garnish.

## **CARAMEL LAYERS**

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1 c. plus 2 T. flour  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. soda  
 $\frac{1}{2}$  c. brown sugar  
 $\frac{3}{4}$  c. quick oats

$\frac{1}{2}$  c. butter  
24 light caramels  
2 T. cream  
 $\frac{1}{2}$  c. semi-sweet chocolate  
chips

Combine first 5 ingredients. Cut in butter until fine. Reserve 1 cup. Press remaining into bottom of an 8-inch greased pan. Bake at 350° for 10 minutes. Combine caramels and cream in double boiler. Cook over water until melted. Blend in 2 tablespoons flour. Spread carefully over base. Sprinkle with chocolate chips and then reserve crumb mixture. Bake at 350° for 12 to 15 minutes, until browned.

## **CHERRY TWITZEL TORTE**

---

*Darlene Behrens  
Office*

1 c. butter, melted  
 $\frac{3}{4}$  c. sugar  
2 c. pretzels, rolled coarse  
2 (8-oz.) pkgs. cream cheese,  
at room temperature

1 c. powdered sugar  
2 (16-oz.) cans cherry pie  
filling  
1 lg. container Cool Whip

In a large bowl, combine butter and sugar. Add pretzels. Reserve 1 cup for topping. Press remaining mixture into an ungreased 9 x 9-inch pan. In another bowl, blend together cream cheese and powdered sugar. Add 1 cup of Cool Whip and beat well. Spread over pretzel mixture. Spread cherry pie filling over cream cheese mixture. Spread whipped topping on top of cherries. Sprinkle reserved pretzel mixture over Cool Whip. Refrigerate overnight.



## CHOCOLATE NUT CRUNCH

*Esther Pajari*  
Apt. 614

2 c. vanilla wafer crumbs  
1 c. chopped walnuts  
1/2 c. butter or margarine  
1 c. confectioners' sugar  
3 well-beaten egg yolks

1 1/2 oz. unsweetened chocolate, melted  
1/2 tsp. vanilla  
3 stiffly beaten egg whites

Combine crumbs and nuts. Line bottom of a 9-inch square pan with half of the crumb mixture. Thoroughly cream butter and sugar; add egg yolks. Add chocolate and vanilla. Mix well. Fold in stiffly beaten egg whites. Spread over crumb mixture. Top with remaining crumb mixture. Chill in refrigerator overnight. Cut in squares. Serves 9.

## CHOCOLATE ZUCCHINI CAKE

*Geri Biksadski*  
Office

1/2 c. margarine  
1/2 c. oil  
1 3/4 c. sugar  
2 eggs  
1 tsp. vanilla  
1/2 c. sour milk  
2 1/2 c. flour

1/4 c. cocoa  
1/2 tsp. baking powder  
1 tsp. baking soda  
1/2 tsp. cinnamon  
1/4 tsp. cloves  
2 c. zucchini, remove seeds  
1/2 c. chocolate chips

Blend oil and zucchini. In bowl cream margarine and sugar. Mix in zucchini and oil. Add eggs and blend. Add vanilla to sour milk and add alternately with dry ingredients. Pour into a 9 x 13-inch pan. Cover with chocolate chips. Bake at 325° for 40 minutes.

## DANISH SQUARES

*Mickey Zick*  
Apt. 611

1 1/2 c. sugar  
1 c. margarine  
4 eggs

2 c. flour  
1 tsp. vanilla  
1 can cherry pie filling

Cream sugar and margarine. Add eggs and vanilla. Blend well. Add flour. Mix well. Spread in lightly greased pan (10 1/2 x 15 x 2-inch). Spread filling on top and bake in 350° oven for 50 to 55 minutes. Powdered sugar may be sifted on top when cool.



## **DOUBLE TOFFEE DELIGHT**

---

Grease the bottom of a 9 x 13-inch pan.

**Combine:**

1 1/2 c. brown sugar  
1 c. chopped nuts

1 T. cinnamon

Set aside.

**In large bowl combine:**

2 c. flour  
1 c. sugar  
1 (4-serving size) pkg. instant  
vanilla pudding, dry  
1 (4-serving size) pkg. butter-  
scotch pudding, dry

1 c. water  
2 tsp. baking powder  
1 tsp. salt  
3/4 c. cooking oil  
4 eggs

Beat 2 minutes at medium speed, scraping bowl often. Pour 1/3 of the batter into prepared pan. Sprinkle with 1/3 of the brown sugar mixture. Pour remaining batter over brown sugar. Sprinkle with remaining brown sugar. Bake at 350° for 40 to 45 minutes.

## **FAT MAN'S MISERY TORTE**

---

3/4 c. crushed chocolate wafer  
cookies

Pat 3/4 of the wafer crumbs into a greased 8 x 8 x 2-inch pan.

1/2 c. butter  
1 egg

1 c. powdered sugar  
1 tsp. vanilla

Cream butter and add sugar gradually. Cream well. Add egg and beat until fluffy. Add vanilla. Spread butter mixture over crumbs.

1 c. whipped cream  
1 tsp. vanilla

1/2 c. chopped pecans

Whip cream; add 2 teaspoons powdered sugar and vanilla. Spread over butter mixture. Sprinkle top with pecans and remaining wafer crumbs. Freeze until firm. Set out for 10 minutes before serving.



## **FOUR-LAYER DELIGHT**

---

*Darlene Behrens  
Office*

### **Crust:**

1 c. flour  
1/2 c. pecans, crushed finely

1/2 c. butter

Mix and press in a 9 x 13-inch pan.

### **Layer 2:**

1 c. Cool Whip  
1 c. powdered sugar

1 (8 oz.) cream cheese,  
softened

Cream ingredients together and spread on crust.

### **Layer 3:**

2 sm. pkgs. instant lemon  
pudding

3 c. milk

Whip and pour over cream cheese mixture.

### **Layer 4:**

Put remaining Cool Whip on top. Sprinkle lightly with chopped nuts or chopped Heath bar. Refrigerate.

## **GERMAN CHOCOLATE ANGEL PIE**

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### **Pie shell:**

2 egg whites  
1/8 tsp. salt  
1/8 tsp. cream of tartar

1/2 c. sugar  
1/2 tsp. vanilla  
1/2 c. finely chopped walnuts

Beat egg whites; add salt and tartar. Beat until foamy. Add sugar, 2 tablespoons at a time, beating well after each. Beat to very stiff peaks. Fold in vanilla and nuts. Spoon into lightly greased 8-inch pie crust, to form shell. Build sides up 1/2-inch above the edge of the pan. Bake 50 to 55 minutes at 300°. Cool.

### **Chocolate Cream Mixture:**

4 oz. sweet chocolate  
3 T. water

1 tsp. vanilla  
1 c. whipping cream

Stir chocolate and water over low heat until thickened. Add vanilla. Whip cream and fold into mixture. Pile into shell. Chill 2 hours.



## HOT FUDGE PUDDING

---

1 c. flour  
2 tsp. baking powder  
1/2 tsp. salt  
3/4 c. sugar  
2 T. cocoa  
1/2 c. milk

2 T. shortening, melted  
1 c. chopped nuts  
1 c. brown sugar  
1/4 c. cocoa  
1 3/4 c. hot water

Heat oven to 350°. Blend flour, baking powder, salt, sugar, and 2 tablespoons cocoa in bowl. Stir in milk and shortening. Blend in nuts. Spread in a square 9 x 9-inch pan. Sprinkle with mixture of brown sugar and 1/4 cup cocoa. Pour hot water over entire batter. Bake 45 minutes. During baking, cake mixture rises to top and chocolate sauce settles to bottom. Cut into squares; invert each square onto dessert plate, spoon sauce over. Or, invert entire pudding onto platter. Serve warm. Makes 9 servings.

## NEW ENGLAND APPLE COBBLER

---

4 c. thinly sliced apples  
3/4 c. walnuts  
1 1/2 c. sugar  
1 tsp. cinnamon  
1 egg

1/2 c. cream or milk  
1 c. melted butter  
1 c. flour  
1 tsp. baking powder  
1/4 tsp. salt

Place apples in a 2-quart buttered casserole. Mix and sprinkle with 1/2 cup walnuts, 1/2 cup sugar and cinnamon. Beat egg; add cream and sugar. Add dry ingredients and remaining sugar all at once to egg mixture; stir until smooth. Pour over apples. Sprinkle with remaining nuts. Bake at 325° to 350° for 55 minutes. Serve with whipped cream or ice cream. Flavor cream with cinnamon if desired. Yield: 8 to 10 servings.

## PECAN PIE BARS

---

1 1/2 c. flour  
2 T. brown sugar, packed  
1/2 c. butter  
2 eggs  
1/2 c. dark corn syrup

1/2 c. brown sugar  
1/2 c. chopped pecans  
2 T. butter, melted  
1 tsp. vanilla  
1/4 tsp. salt

Mix flour and brown sugar; cut in butter. Pat into ungreased 11 x 7-inch pan. Bake at 350° for 15 minutes. Beat eggs slightly; stir in remaining ingredients. Pour over baked layer. Bake at 350° for 25 minutes. Cool slightly; cut into bars. Makes 32 bars. **Age:** I'm saving that rocker for the day when I feel as old as I really am. Dwight D. Eisenhower



## PIE CRUST

Marion Bunker  
Apt. 309

2 c. flour  
1/8 tsp. salt  
1/4 tsp. baking powder

1 c. shortening  
1 egg

Sift together dry ingredients. Cut in shortening. Beat egg slightly, adding enough water to make 1/2 cup. The dough will be very moist, so flour your board well. You can reroll the dough as often as necessary, and it will always stay flaky.

## RHUBARB CUSTARD PIE

Make pastry for 2 crust pie. Line pan.

**For 9-inch pie:**

3 eggs  
3 T. milk  
2 c. sugar  
1/4 c. flour

3/4 tsp. nutmeg  
4 c. cut-up rhubarb  
1 T. butter

**For 8-inch pie:**

2 eggs  
2 T. milk  
1 1/2 c. sugar  
3 T. flour

1/2 tsp. nutmeg  
3 c. cut-up rhubarb  
2 tsp. butter

Heat oven to 400°. Beat eggs slightly; add milk. Mix sugar, flour and nutmeg; stir into eggs. Mix in rhubarb. Pour over pastry. Dot with butter. Cover with lattice topping. Bake 50 to 60 minutes until nicely browned. Serve slightly warmed. To make the crust of a chilled pie taste its best, take it out of the refrigerator 20 minutes before serving.



## SENSATIONAL DOUBLE LAYER PIE

Darlene Behrens  
Office

1 (3-oz.) pkg. cream cheese,  
softened  
1 c. plus 1 T. cold half & half  
milk  
1 T. sugar  
1 1/2 c. thawed Cool Whip  
topping

1 Keebler ready crust graham  
cracker crust (6 oz.)  
2 (3-oz.) pkgs. instant vanilla  
pudding  
1 (16-oz.) can pumpkin  
1 tsp. ground cinnamon  
1/2 tsp. ground ginger  
1/4 tsp. ground cloves

Mix cream cheese, 1 tablespoon half and half, and sugar with a wire whisk until smooth. Gently stir in Cool Whip. Spread on bottom of crust. Pour 1 cup half and half into mixing bowl. Add pudding mix. Beat with wire whisk until well blended, about 1 or 2 minutes. Let stand 3 minutes. Stir in pumpkin and spices; mix well. Spread over cream cheese layer. Refrigerate about 2 hours. Garnish with whipped topping and nuts as desired.

## SOUR CREAM APPLE SQUARES

2 c. flour  
2 c. brown sugar, packed  
1/2 c. soft margarine  
1 c. chopped nuts  
1 1/2 tsp. cinnamon  
1 tsp. soda

1/4 tsp. salt  
1 c. sour cream  
1 tsp. vanilla  
1 egg  
2 c. chopped apples

Combine first 3 ingredients and blend until crumbly. Stir in nuts. Press 2 3/4 cups crumb mixture into ungreased 9 x 13-inch pan. To remaining mixture, add cinnamon, soda, salt, sour cream, vanilla and egg. Blend well. Stir in apples. Spoon over base. Bake at 350° for 30 to 35 minutes. Cut in squares.



## **SPANISH BUNS (Cupcake Style)**

---

*J. R. Hofmeister  
Apt. 514*

<b>1 c. sugar</b>	<b>2 c. flour</b>
<b>1/2 c. Crisco shortening</b>	<b>1 tsp. baking soda</b>
<b>2 eggs</b>	<b>1 tsp. cinnamon</b>
<b>1 T. molasses</b>	<b>1/8 tsp. cloves</b>
<b>1 c. buttermilk or sour milk</b>	<b>1/2 c. chopped walnuts</b>

Cream together sugar and shortening. Add egg and beat well. Mix in the other ingredients. Fill cupcake tins 1/2 full. Bake at 375° for 20 to 30 minutes.

## **SPANISH BUNS (Pan Style)**

---

*Harriet Schmidt  
Apt. 810*

<b>1 c. sugar</b>	<b>1/2 tsp. cloves</b>
<b>1/2 c. butter or margarine</b>	<b>1 c. sour milk</b>
<b>2 eggs</b>	<b>1 heaping tsp. baking soda</b>
<b>Pinch of salt</b>	<b>2 c. flour, more or less</b>
<b>2 T. molasses</b>	<b>1/2 c. raisins</b>
<b>2 tsp. cinnamon</b>	<b>1/2 c. chopped nuts</b>

Cream butter and sugar. Beat eggs, and add them to the creamed mixture. Sift together dry ingredients. Add to creamed mixture. Alternate with milk. Turn into a greased 9 x 13-inch pan. Bake at 350° for 35 to 40 minutes. Frost.

## **WONDERFUL PLUM CRUNCH**

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<b>3 lbs. fresh prune-plums</b>	<b>1/4 c. brown sugar</b>
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Pit and quarter the plums. Combine with sugar and spoon into a 11 x 7 x 1 1/2-inch greased baking dish. Mix together until crumbly:

<b>1 c. flour</b>	<b>1/2 tsp. cinnamon</b>
<b>1 c. sugar</b>	<b>1 egg, beaten</b>
<b>1/2 tsp. salt</b>	

Sprinkle over plums. Drizzle with 1/2 cup melted butter. Bake at 375° for 45 minutes. Serve warm with ice cream or whipped cream. Makes 8 servings.



# Recipe Favorites

SEAFISH BUNS  
(For 8 buns)

1 c. sugar  
1/2 c. butter or margarine  
2 eggs  
1/2 c. salt  
2 T. molasses  
2 T. cinnamon  
1/2 c. chopped nuts  
1 c. butter  
1/2 c. flour  
1/2 c. baking soda  
1/2 c. cinnamon

Cream together sugar and butter. Add egg and beat well. Mix in the other ingredients. Fill cups with 1/2 full. Bake at 375° for 20-30 minutes. Let cool 5 minutes. Dip into milk and roll in nut powder. Store in airtight container. Makes 8 buns.

SEAFISH BUNS  
(For 8 buns)

Hamlet Schmidt  
Apr. 8/10

1 c. sugar  
1/2 c. butter or margarine  
2 eggs  
1/2 c. salt  
2 T. molasses  
2 T. cinnamon  
1/2 c. chopped nuts  
1 c. butter  
1/2 c. flour  
1/2 c. baking soda  
1/2 c. cinnamon

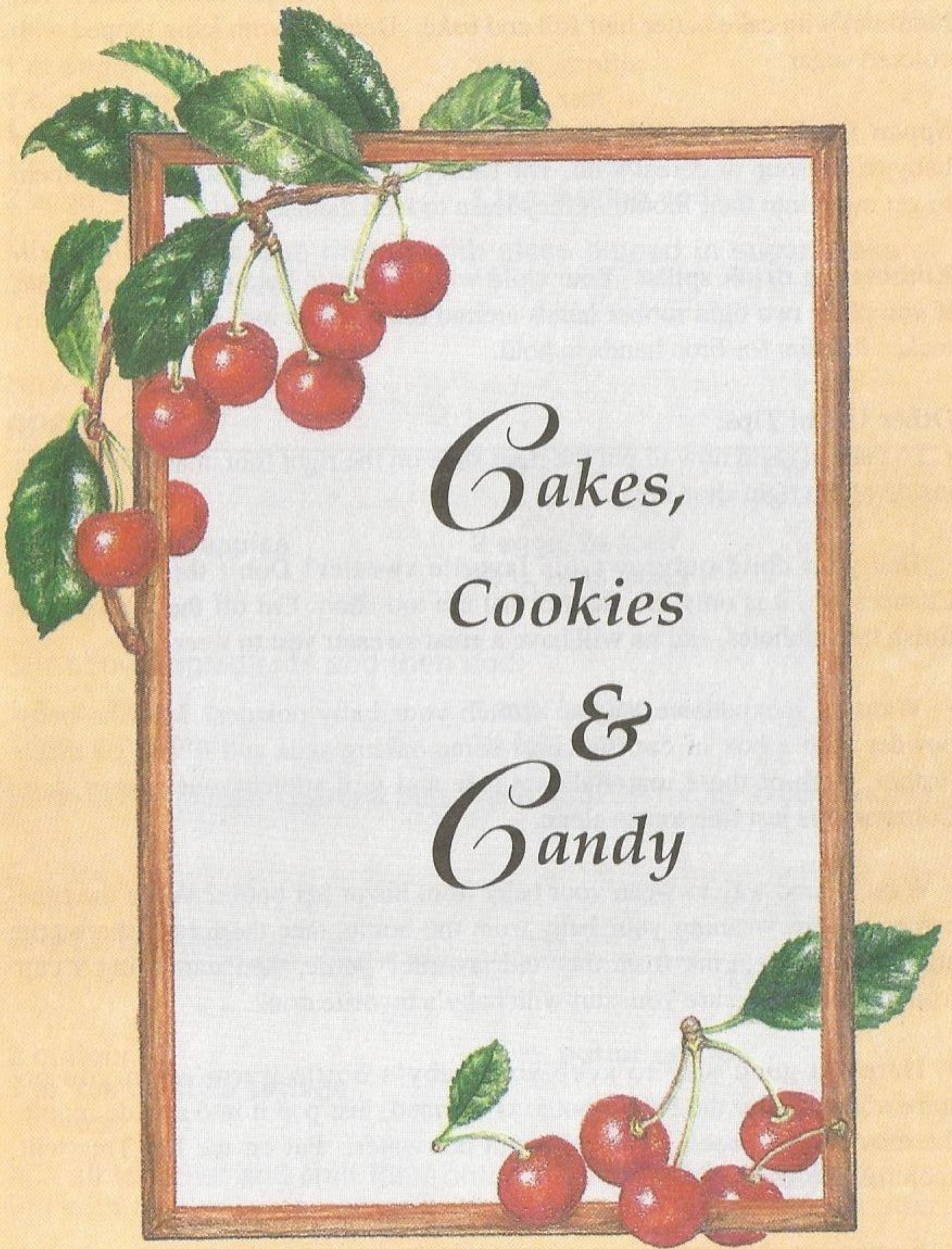
Cream butter and sugar. Beat eggs and add them to creamed mixture. Mix together ingredients. Add to creamed mixture. Alternate with milk into a greased 8 x 12-inch pan. Bake at 350° for 35 to 40 minutes. Cool 5 minutes. Dip into milk and roll in nut powder. Store in airtight container. Makes 8 buns.

3 lbs. fresh prunes-plums  
1/2 c. brown sugar

1/2 c. flour  
1 c. sugar  
1/2 c. salt  
1/2 c. cinnamon  
1 egg beaten

Soak the prunes over plums. Drain with 1/2 cup melted butter. Bake at 375° for 15 minutes. Serve warm with ice cream or whipped cream. Makes 8 servings.





*Cakes,  
Cookies  
&  
Candy*



# *The Children's Hour*

**Child's Party:** Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

**Spoon for Baby:** A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

**Eliminating drink spills:** Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

## **Other Useful Tips:**

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.
- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.
- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.
- Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.
- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.
- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.



# CAKES, COOKIES & CANDIES

## ALEAN'S SUGAR COOKIES

*Alean Harris  
Apt. 302*

1 c. sugar	1 tsp. vanilla
1 c. powdered sugar	1 tsp. salt
1 c. margarine	1 tsp. cream of tartar
1 c. salad oil	4 1/2 c. flour
2 eggs	1 tsp. baking soda

Mix. Roll in balls and flatten with glass dipped in sugar. Bake at 375° for 10 minutes.

## APPLE CAKE

*Evelyn Taylor  
Apt. 504*

3 c. unpeeled apples	2 eggs, beaten
1 1/2 c. sugar	1/2 c. nuts (opt.)
3/4 c. salad oil	

Stir above ingredients and then add:

1 3/4 c. flour	1 tsp. baking soda
1 tsp. cinnamon	1/2 tsp. salt

Bake in 9 x 13-inch greased pan. Bake at 325° for 45 to 50 minutes.

## APPLE HORNS

*Mildred Schultz  
Apt. 211*

2 c. flour	1/4 lb. butter or oleo
1 lb. cream-style cottage cheese	

Mix all together and chill for 2 hours. Roll out and cut in triangles. Fill with fruit or cinnamon and sugar. Bake at 350° for 35 minutes.



## **BOILED RAISIN SPICE CAKE**

*Germaine Biksadski  
Office*

Put into saucepan:

1 c. water	1 tsp. salt
1 c. raisins	1 tsp. nutmeg
1/2 tsp. cloves	1/2 c. shortening
1 c. brown sugar	1 tsp. cinnamon

Cook until raisins are puffed. Remove from heat and cool slightly.

Add:

1 beaten egg

Cool.

Add:

1 tsp. baking soda	1/2 c. chopped nuts
1 1/2 c. flour	

Bake in lightly greased 9-inch loaf pan in 325° oven for 55 minutes.

## **BROWNIE MOUNDS**

3 1/3 c. sifted flour	2 eggs
1 tsp. baking powder	6 (1-oz.) squares unsweetened chocolate (melted)
1/2 tsp. salt	2 tsp. vanilla
2/3 c. margarine	1 1/2 c. coarsely chopped nuts
1 1/2 c. sugar	
2/3 c. light corn syrup	

Mix margarine and sugar. Stir in corn syrup and eggs. Stir in flour, baking powder, salt, melted chocolate and vanilla. Add nuts. Drop by heaping teaspoons onto greased cookie sheet. Bake at 350° for 10 to 12 minutes. Makes 4 dozen. "Talent is that which is in a man's power. Genius is that in whose power a man is." James Russell Lowell

## **CARROT CAKE**

*Grandma's Recipe*

Mix together:

3 c. flour	2 tsp. baking soda
1/2 c. chopped nuts	2 tsp. cinnamon
2 tsp. baking powder	

Mix together:

1 1/2 c. oil	4 eggs
2 c. sugar	2 c. grated carrots, raw

(continued)



Combine 2 mixtures and pour into a greased tube pan. Bake for 1 hour at 350°.

## **CHERRY COCONUT BROWNIES**

*Helen Lindner  
Apt. 809*

1 box brownie mix  
1 can cherry pie filling  
2 c. coconut

2 eggs  
1 tsp. almond flavoring  
1/4 c. oil

Mix well. Pour into 9 x 13-inch pan. Bake at 350° for 35 to 40 minutes. When cool, top with milk chocolate frosting and 1 cup chopped nuts.

## **CHOCOLATE CHIP CHEWS**

*Karen Nasseth  
Apt. 812*

### **Layer 1:**

1/2 c. butter  
1/2 c. firmly packed light brown sugar

1 c. flour

### **Layer 2:**

1 c. firmly packed light brown sugar  
2 eggs  
1 1/2 tsp. vanilla

2 T. flour  
1 tsp. baking powder  
1/2 tsp. salt

### **Topping:**

1 c. nuts

1 c. (6 oz.) semi-sweet chocolate pieces

**First Layer:** Cream butter; gradually add sugar and beat until light and fluffy. Gradually add flour. Mix well. Put dough evenly over bottom of pan and bake 10 minutes at 350°. Remove from oven and top with 2nd layer. **Second Layer:** Beat eggs until thick. Add vanilla and sugar and beat thoroughly. Combine flour, baking powder and salt. Add to egg mixture, mixing thoroughly. Fold in nuts and spread evenly over first layer. Sprinkle with chocolate and nuts. Return to oven. Bake 30 minutes more.



## **CHOCOLATE FUDGE**

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*Helen Nelson  
Apt. 412*

2 c. sugar  
2 c. Pet milk  
12 marshmallows  
1/2 c. butter  
Salt

1 c. semi-sweet chocolate  
pieces  
1 c. nuts  
1 tsp. vanilla

Mix sugar, milk, salt and marshmallows in a heavy pan. Add butter. Cook, stirring constantly over medium heat. Bring to a boil; boil 5 minutes. Stir in chips, nuts and vanilla. Spread in an 8-inch pan. Cut into small pieces.

## **CHOCO MALLOW LOGS**

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*H. & D. Siemion  
Apt. 311*

1 (6-oz.) pkg. semi-sweet chocolate pieces  
2 T. margarine  
1 egg, beaten

3 c. miniature marshmallows  
1 c. chopped pecans or walnuts  
Powdered sugar

Melt chocolate and margarine over low heat. Remove from heat, and add egg, mixing well. Cool slightly. Combine marshmallows and nuts in a large bowl. Pour chocolate mixture over marshmallows and nuts. Mix well. Divide mixture in half. On waxed paper or foil, sprinkled with powdered sugar, shape each half into a roll (8 x 1 1/2-inch). Chill several hours or freeze. Slice to serve. Makes 2 logs.

## **COOKIE JAR GINGER SNAPS (1933 Recipe)**

---

*Rowena Bascombe  
Apt. 501*

2 c. sifted all-purpose flour  
1 T. ground ginger  
1 tsp. cinnamon  
1 tsp. baking soda

3/4 c. shortening  
1 c. sugar  
1/4 c. molasses

Mix all ingredients. Roll in small balls. Drop in sugar and roll around. Do not flatten. Bake at 350° for 10 minutes. Makes around 4 dozen.



## **CRUMB CAKE** **(Mother's Recipe)**

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*Mary Schmoller*  
*Apt. 606*

2 c. brown sugar  
2 c. flour

$\frac{3}{4}$  c. shortening or oleo  
 $\frac{1}{2}$  tsp. cinnamon

Mix together and save same for top.

1 c. sour milk  
1 tsp. baking soda  
1 egg

$\frac{1}{2}$  tsp. cinnamon  
Pinch of salt  
1 c. raisins & nuts

Add to the top mixture. Sprinkle what you saved on top. Bake at 350° for  $\frac{1}{2}$  hour or until toothpick comes out clean.

## **DATE CAKE**

---

*Millie Keuper*  
*Apt. 102*

1 pkg. dates  
1 c. hot water

1 tsp. baking soda  
Pinch of salt

Pour hot water over dates. Bring to boil. Add soda and salt; cool.

1 c. sugar  
1 tsp. spry  
2 eggs  
1 tsp. vanilla

$1\frac{3}{4}$  c. flour  
 $\frac{1}{2}$  c. nuts  
1 tsp. baking powder

Mix above ingredients. Add cooled mixture from above. Bake at 350° for 35 minutes.

## **DUMP CAKE**

---

*Ruth Baumgartner*  
*Apt. 511*

1 (21-oz.) can cherry pie filling  
1 can crushed pineapple  
1 pkg. dry cake mix

1 c. nuts  
1 stick margarine

Grease 9 x 13-inch pan. Put cherry pie filling in pan. Pour pineapple over cherries. Sprinkle dry cake mix over both. Sprinkle nuts over cake mix. Cut margarine in pats and put on top of nuts. Bake 1 hour at 350°.



## **DUTCH APPLE CAKE**

---

*Irene Krueger  
Apt. 904*

1 1/4 c. flour  
1 tsp. baking powder  
1/2 tsp. salt

1 T. sugar  
1/2 c. butter  
1 egg yolk with 2 T. milk

Mix flour, sugar and salt. Cream butter well with dry ingredients. Add yolk and butter mixture. Press dough into 9 x 13-inch pan and spread apples on top.

### **Topping:**

3 c. sugar  
1 1/2 T. flour

1/2 tsp. cinnamon  
2 T. butter

Mix above ingredients. Spread over apples. Bake at 375° for 50 minutes.

## **FROSTED PECAN COUPLETS**

---

1 c. butter or margarine  
1 c. sugar  
2 egg yolks  
1 tsp. vanilla

2 c. flour  
1/4 tsp. salt  
2 egg whites, slightly beaten  
1 1/2 c. finely chopped pecans

Cream butter. Add sugar gradually; beat in egg yolks and vanilla. Blend in flour and salt; chill. Shape level teaspoon of dough into balls. Dip in egg whites; then in pecans. Place on greased cookie sheets. Bake at 375° for 5 minutes. Remove from oven, make a depression in the center of each cookie. Bake 10 minutes longer. Cool. Fill centers with tinted icing. Yield: 7 dozen.

### **Icing:**

3 T. soft margarine  
1 1/2 c. powdered sugar

3 T. cream or milk  
1 tsp. vanilla

Mix until smooth. Tint with colored food coloring.



## **FRUIT COCKTAIL CAKE**

*Alean Harris*  
*Apt. 302*

1 1/2 c. flour	2 c. fruit cocktail
1 c. sugar	1 tsp. vanilla
1 tsp. baking soda	1 c. brown sugar
1/2 tsp. salt	1/2 c. chopped nuts
1 egg, beaten	

Sift together flour, sugar, soda and salt. Make a well in center of mixture. Mix eggs, vanilla and fruit cocktail into the dry ingredients. Pour into an 8 x 8-inch pan; greased and floured. Combine 1 cup brown sugar and 1/2 cup nuts and sprinkle on top of dough. Bake 40 to 50 minutes at 350°. Serve with whipped cream or ice cream.

## **FUDGE CAKE**

1/2 c. sugar	3 bars bitter chocolate
1/2 c. milk	

Mix above ingredients. Boil until thick. Let cool.

1 c. sugar	2 eggs
1/2 c. shortening	

Cream sugar and shortening. Add eggs.

Add these ingredients one at a time:

1 c. milk	1 tsp. baking soda in a little
2 c. flour	warm water

Bake in a 10-inch tube or a bundt pan that has been greased and floured. Bake at 350° for 1 hour. Frost with fluffy custard icing.

## **JAN'S APPLE CAKE**

*Harriet Schmidt*  
*Apt. 810*

1 c. brown sugar	1/2 tsp. salt
1 c. white sugar	1/2 tsp. soda
1/2 c. shortening	1 c. sour milk
2 eggs, beaten	1 tsp. cinnamon
2 c. apples, cut into pieces	1 tsp. baking powder
2 1/2 c. sifted flour	

Mix all ingredients together in 9 x 13-inch pan. Add topping below.

**Topping:**

1 tsp. cinnamon	1 tsp. sugar
1 T. butter	1/2 c. nuts

(continued)



Bake 1 hour in 300° oven. Top with Cool Whip.

## **KOLACKY COOKIE**

---

*Gerri Biksadski  
Office*

**Cream together:**

1 c. butter or margarine	1 T. sugar
1 (8-oz.) pkg. cream cheese	1 egg yolk, beaten
1 T. milk	

Mix together and add to the above:

1 1/2 c. flour	1/2 tsp. baking powder
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Chill overnight. Roll out onto well floured board to 1/4-inch thickness. Cut into 2-inch rounds. Place on ungreased cookie sheet and make a depression with thumb in the center of each round. Fill centers with scant teaspoon of pastry filling or jelly. Bake 10 minutes at 400°. Cool. Dust with powdered sugar before serving. Yield: 36 cookies.

## **LAZY DAISY CAKE**

---

*Ruth Unertl  
Apt. 413*

2 eggs	1 tsp. baking powder
1 c. sugar	1/4 tsp. salt
1 tsp. vanilla	1/2 c. milk
1 c. flour	2 T. butter

Combine eggs, sugar and vanilla and heat until thick. Add sifted dry ingredients. Heat milk and butter to boiling point. Add to above mixture. Bake in buttered pan 8 x 8-inch in oven. Bake at 350° for 30 to 40 minutes. Cool and frost.

**Frosting:**

3/4 c. brown sugar	1/4 c. cream
1/2 c. butter, melted	1 c. coconut

Combine all ingredients and blend well. Frost cake and return to hot oven or broiler to brown.



## MINI CHEESE CAKES

*Marty Krauslauch  
Apt. 908*

12 vanilla wafers  
2 (8 oz.) cream cheese,  
softened

1/2 c. sugar  
1 tsp. vanilla  
2 eggs

Line muffin pan with foil. Place a wafer in each. Mix and cream vanilla, sugar and eggs on medium speed until well blended. Pour over wafers, filling the foils <sup>3</sup>/<sub>4</sub> full. Bake 25 minutes at 325°. Remove from pans and chill. Top with fruit, nuts or preserves.

## OATMEAL CRISPIES

*Edna Davis  
Apt. 804*

1 c. shortening  
1 c. brown sugar  
1 c. white sugar  
2 well-beaten eggs  
1 tsp. vanilla

1 1/2 c. sifted flour  
1 tsp. salt  
1 tsp. soda  
2 1/2 or 3 c. oatmeal  
1/2 c. chopped walnuts

Heat oven to 350°. Bake for 6 to 8 minutes or until brown.

## ORANGE CAKE

*Helen Nelson  
Apt. 412*

2 c. brown sugar  
1/2 c. shortening  
2 eggs  
1 c. sour milk  
1 tsp. soda

3 c. flour  
1 c. ground raisins  
1 orange, ground up  
Nuts

Beat eggs, shortening and sugar. Add dry ingredients, raisins, orange and nuts. Bake at 350° for 30 minutes.

## ORANGE CAKE

*Fanny Olson  
Apt. 301*

1 yellow cake mix  
3/4 c. oil  
4 eggs

1 can mandarin oranges, including juice

Beat all for 3 minutes. Pour into pan and bake 30 minutes at 350°.

### **Frosting:**

1 sm. can crushed pineapple, including juice

1 pkg. instant vanilla pudding  
1 sm. Cool Whip

(continued)



Mix first 2 ingredients. Fold in Cool Whip.

## ORANGE CAKE

*Hazel Olson  
Apt. 912*

1 c. margarine  
1 c. sugar  
2 eggs  
1 c. sour milk  
2 c. flour

2 tsp. baking soda  
Pinch of salt  
Juice of 1 orange  
1 c. raisins, ground  
1 orange rind, ground

Mix thoroughly. Bake for 35 minutes in 9 x 13-inch pan or a 2-layer pan. When cool, top with Cool Whip or ice cream.

## PEANUT BUTTER COOKIES

*Norma Williams  
Apt. 103*

1 c. butter  
1 c. brown sugar

1 c. sugar  
1 c. peanut butter

Cream above ingredients.

2 1/2 c. flour  
2 eggs, beaten  
1 tsp. salt

1 tsp. vanilla  
2 scant tsp. soda

Mix and sift dry ingredients. Knead all ingredients together. Form small balls and flatten with fork after they are on pans. Bake at 350° until light brown.

## PINEAPPLE UPSIDE DOWN CAKE

*Helen Darr  
Apt. 703*

24-oz. can crushed pineapple,  
drained

1/4 c. butter  
2/3 c. brown sugar

Combine above and put in round pan.

Cake:

1 c. sifted flour  
3/4 c. sugar  
1 1/2 tsp. baking powder  
3/4 c. sugar  
1/2 tsp. salt

1/4 c. oleo  
1/2 c. milk or juice from  
pineapple  
1 egg

Mix ingredients well. Pour over pineapple and bake at 350° for 40 to 45 minutes. Serve with cream.



## POPPY SEED CAKE

---

Lenore Danielson  
Apt. 403

3/4 c. poppy seed  
3/4 c. warm milk  
1 1/2 c. sugar  
3/4 c. butter

3 c. flour  
3 tsp. baking powder  
5 egg whites

Preheat oven to 350°. Soak poppy seeds in warm milk for several hours. Cream butter and sugar; then add poppy seeds and cream again. Add beaten egg whites to the creamed mixture. Add flour and baking powder. Bake in 3 greased cake pans for 26 minutes. Fill the layers with lemon and frost with chocolate.

## PORCUPINE TREATS

---

Esther Brumirski  
Apt. 509

1 (14-oz.) bag caramels  
1/4 lb. butter  
14-oz. can sweetened condensed milk

1 lg. bag marshmallows  
1 lg. box Rice Krispies

Melt caramel, butter and milk in double boiler. Put toothpick in marshmallow and coat with caramel mixture. Roll in bowl of Rice Krispies.

## PRIZE COFFEE CAKE

---

3/4 c. sugar  
1/4 c. shortening  
1 egg  
1/2 c. milk

1 1/2 c. flour  
2 tsp. baking powder  
1/2 tsp. salt

Heat oven to 375°. Grease and flour a 9-inch pan. Mix sugar, shortening and egg thoroughly. Stir in milk. Blend in dry ingredients, stirring well. Spread batter in pan. Sprinkle with desired topping. Bake 25 to 35 minutes. Serve warm. **Apple:** Mix 1/2 cup raisins into batter. Arrange apple slices on top of batter, pressing slightly. Sprinkle with cinnamon and sugar.



## **RHUBARB CAKE**

*Geri Biksadski  
Office*

1/2 c. shortening	1 tsp. salt
1 1/2 c. brown sugar	1 tsp. vanilla
1 egg	2 c. flour
1 c. sour milk	2 c. finely cut rhubarb
1 tsp. soda	

Mix in order given. Grease and flour 9 x 13-inch pan. Pour into the above batter:

1/2 c. brown sugar	1/2 c. nuts
1/2 c. granulated sugar	1 tsp. vanilla

Bake at 375° for 35 to 40 minutes.

## **RICE KRISPIE COOKIES**

*Eleanore Scaff  
Apt. 401*

2 sticks margarine	1 tsp. soda
1 c. sugar	1/4 tsp. salt
1 tsp. vanilla	1 c. Rice Krispies
1 1/2 c. flour	1 c. nuts
1 tsp. baking powder	

Cream margarine and sugar. Sift all dry ingredients and add to creamed mixture. Add Krispies and nuts. Drop by teaspoon onto ungreased cookie sheet. Bake at 325° for 12 to 15 minutes.

## **ROMAN APPLE CAKE**

*Pearl Zeutius  
Apt. 410*

1 c. shortening	2 1/2 c. flour
1/2 c. brown sugar	2 c. diced apple
2 eggs	2 c. sugar
1 tsp. salt	1 c. buttermilk
2 tsp. cinnamon	

Mix ingredients, adding apples last. Pour into a 13 x 9 x 2-inch pan.

### **Topping:**

1/2 c. sugar	1/2 c. nuts
1 tsp. cinnamon	

Sprinkle nuts on batter; then the sugar and cinnamon. Bake at 350° for 45 minutes.



## **SOFT MOLASSES COOKIES**

---

*Darlene Behrens  
Office*

- |   |                                   |
|---|-----------------------------------|
| <b>1/2 c. unsalted butter,<br/>softened</b>       | <b>4 c. flour</b>                 |
| <b>1/2 c. butter-flavored Crisco</b>              | <b>1/2 tsp. salt</b>              |
| <b>1 1/2 c. sugar, plus sugar for<br/>garnish</b> | <b>2 1/4 tsp. baking soda</b>     |
| <b>1/2 c. dark molasses</b>                       | <b>2 1/4 tsp. ground ginger</b>   |
| <b>2 eggs, beaten slightly</b>                    | <b>1 1/2 tsp. ground cloves</b>   |
|   | <b>1 1/2 tsp. ground cinnamon</b> |

In a large bowl, cream butter and Crisco. Add sugar and beat until light in color and fluffy, about 3 minutes. Beat in molasses and eggs until smooth; set aside. In another large bowl, mix together flour, salt, baking soda, ginger, cloves and cinnamon with a whisk. Gradually mix dry ingredients into cream mixture until batter is smooth and well mixed. Roll dough into 1 1/2-inch balls. Dip tops into granulated sugar. Place 2 1/2 inches apart on greased cookie sheet. Bake in preheated oven 350° for 11 minutes. Do not over-bake, or cookies will lose their chewy interior. Remove from sheet and cool completely. Store in tightly covered containers. Do not use margarine. Makes 4 dozen.

## **SOUR CREAM PECAN COFFEE CAKE**

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- |                         |                             |
|-------------------------|-----------------------------|
| <b>1/2 c. margarine</b> | <b>1 tsp. baking powder</b> |
| <b>1 c. sugar</b>       | <b>1/2 tsp. salt</b>        |
| <b>2 eggs</b>           | <b>1 tsp. vanilla</b>       |
| <b>2 c. flour</b>       | <b>1 c. sour cream</b>      |
| <b>1 tsp. soda</b>      |                             |

Cream margarine and sugar. Add eggs, one at a time, beating well. Add dry ingredients with sour cream. Pour into a 9 x 13-inch pan.

**Top with:**

- |                           |                            |
|---------------------------|----------------------------|
| <b>1/3 c. brown sugar</b> | <b>1/2 tsp. cinnamon</b>   |
| <b>1/2 c. white sugar</b> | <b>1 c. chopped pecans</b> |

Bake at 325° for 30 to 35 minutes. Serve warm.



## **SUGAR COOKIES**

---

*Josephine Roberts*  
Apt. 304

- |                            |                               |
|----------------------------|-------------------------------|
| <b>1/2 c. margarine</b>    | <b>1 c. flour</b>             |
| <b>1/2 c. oil</b>          | <b>1 tsp. vanilla</b>         |
| <b>1 c. powdered sugar</b> | <b>1 tsp. cream of tartar</b> |
| <b>3/4 tsp. soda</b>       | <b>1/4 tsp. salt</b>          |
| <b>1 beaten egg</b>        |                               |

Mix. Make in small balls and roll in sugar. Bake at 350° for 6 minutes. \*Put the dough in the refrigerator for a short time. This makes it easier to handle.

## **SWISS CHEWS**

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*Karen Nasseth*  
Apt. 812

- |  |                                |
|--|--------------------------------|
| <b>1 (6-oz.) pkg. chocolate bits</b>     | <b>1 tsp. vanilla</b>          |
| <b>1 egg</b>                             | <b>1/4 tsp. salt</b>           |
| <b>1/2 c. brown sugar, firmly packed</b> | <b>1/2 c. almonds, chopped</b> |

Melt chocolate; cool 5 minutes. Beat egg until thick. Beat in sugar gradually until very thick. Fold in cooled chocolate. Drop by teaspoon on greased cookie sheet. Bake at 325° for 10 minutes. Yield: 3 dozen.

## **TOFFEE SQUARES**

---

- |                         |  |
|-------------------------|--|
| <b>1 c. butter</b>      | <b>2 c. flour</b>                      |
| <b>1 c. brown sugar</b> | <b>1/2 lb. sweet chocolate, melted</b> |
| <b>1 egg yolk</b>       | <b>1/2 c. chopped nuts</b>             |
| <b>1 tsp. vanilla</b>   |  |
| <b>1/4 tsp. salt</b>    |  |

Cream butter; add sugar gradually. Blend in egg yolk, vanilla, salt and flour. Spread in greased 10 x 15 x 1-inch pan. Bake at 350° for about 20 minutes. Spread while hot with melted chocolate. Sprinkle with chopped nuts. Cool; cut into small squares. Makes about 6 dozen.



## **UPSIDE DOWN CAKE**

---

*Lenore Danielson  
Apt. 403*

<b>1 lg. can sliced pineapple</b>	<b>1 c. sugar</b>
<b>1/2 c. butter</b>	<b>1 c. flour</b>
<b>2 c. brown sugar</b>	<b>1 tsp. baking powder</b>
<b>4 eggs, separated</b>	

Preheat oven to 350°. Melt butter in a large skillet. Cover butter with brown sugar. Fill in pineapple on top of sugar. Fill spaces with walnuts and cherries. Cover with sponge batter.

### **Sponge Batter:**

Beat the yolks and sugar until light. Sift flour and baking powder and fold in stiffly beaten egg whites. Bake 30 minutes. Turn upside down and serve with whipping cream.

## **VANILLA CRISPS**

---

<b>1/2 c. butter or oleo</b>	<b>2 tsp. vanilla</b>
<b>1/2 c. shortening</b>	<b>2 eggs</b>
<b>1 c. granulated sugar</b>	<b>2 1/2 c. flour</b>

Cream butter, shortening and sugar. Add vanilla and 1/2 teaspoon salt. Add eggs, beating well. Stir in flour; mix well. Drop from teaspoon 2 inches apart on an ungreased cookie sheet. Flatten with floured glass. Bake at 375° for 8 to 10 minutes. Remove immediately and cool on rack. Makes 7 dozen.

## **WHIPPED CHOCOLATE FROSTING**

---

<b>2 c. powdered sugar</b>	<b>2 eggs</b>
<b>6 T. butter</b>	<b>1/4 tsp. salt</b>
<b>4 squares bitter chocolate</b>	<b>1/2 tsp. vanilla</b>
<b>1/2 c. whole milk</b>	

Put sugar, milk, eggs, salt and vanilla in a large mixing bowl over ice water. Melt chocolate and butter together. Cool slightly. Use electric mixer to stir ingredients in bowl until eggs are broken. Add chocolate mixture and beat at high speed until it will hold its shape. Be sure cake is cool before frosting. Put cake in refrigerator to set frosting. Serve at room temperature. Will frost a 2 layer cake.



# Recipe Favorites

## SUGAR COOKIES

Loree Darnell  
Apr 83

1/2 c. butter  
1/2 c. sugar  
1 egg  
1/2 t. vanilla  
1/2 t. salt  
1 c. flour

Preheat oven to 350°. Melt butter in a large skillet. Cover with brown sugar. Fill in pineapple or top of sugar. Fill apples with white and orange. Cover with sponge batter. Bake 15 minutes. Sponge batter.

## SWISS CHEESE

Nancy Nelson  
Apr 83

1/2 c. butter  
1/2 c. sugar  
1 egg  
1/2 t. vanilla  
1/2 t. salt  
1 c. flour

Beat the yolk and sugar until light. Sift flour and baking powder and fold in stiffly beaten egg whites. Bake 30 minutes. Turn upside down and serve with whipping cream.

## TOFFEE SOURCES

Janet  
Apr 83

1/2 c. butter  
1/2 c. sugar  
1 egg  
1/2 t. vanilla  
1/2 t. salt  
1 c. flour

Melt chocolate; cool slightly. Beat egg whites until stiff. Add granulated sugar and cream. Beat until stiff. Add vanilla and salt. Beat until stiff. Add egg yolks and sugar. Beat until stiff. Add vanilla and salt. Beat until stiff. Flatten with spoon 2 inches apart on an ungreased cookie sheet. Flatten with floured glass. Bake at 375° for 8 to 10 minutes. Remove immediately and cool on rack. Makes 7 dozen.

## UPSIDE DOWN CAKE

Loree Darnell  
Apr 83

1/2 c. butter  
1/2 c. sugar  
1 egg  
1/2 t. vanilla  
1/2 t. salt  
1 c. flour

Preheat oven to 350°. Melt butter in a large skillet. Cover with brown sugar. Fill in pineapple or top of sugar. Fill apples with white and orange. Cover with sponge batter. Bake 15 minutes. Sponge batter.

## VANILLA CRISPS

Nancy Nelson  
Apr 83

1/2 c. butter or oil  
1/2 c. sugar  
1 egg  
1/2 t. vanilla  
1/2 t. salt  
1 c. flour

Beat the yolk and sugar until light. Sift flour and baking powder and fold in stiffly beaten egg whites. Bake 30 minutes. Turn upside down and serve with whipping cream.

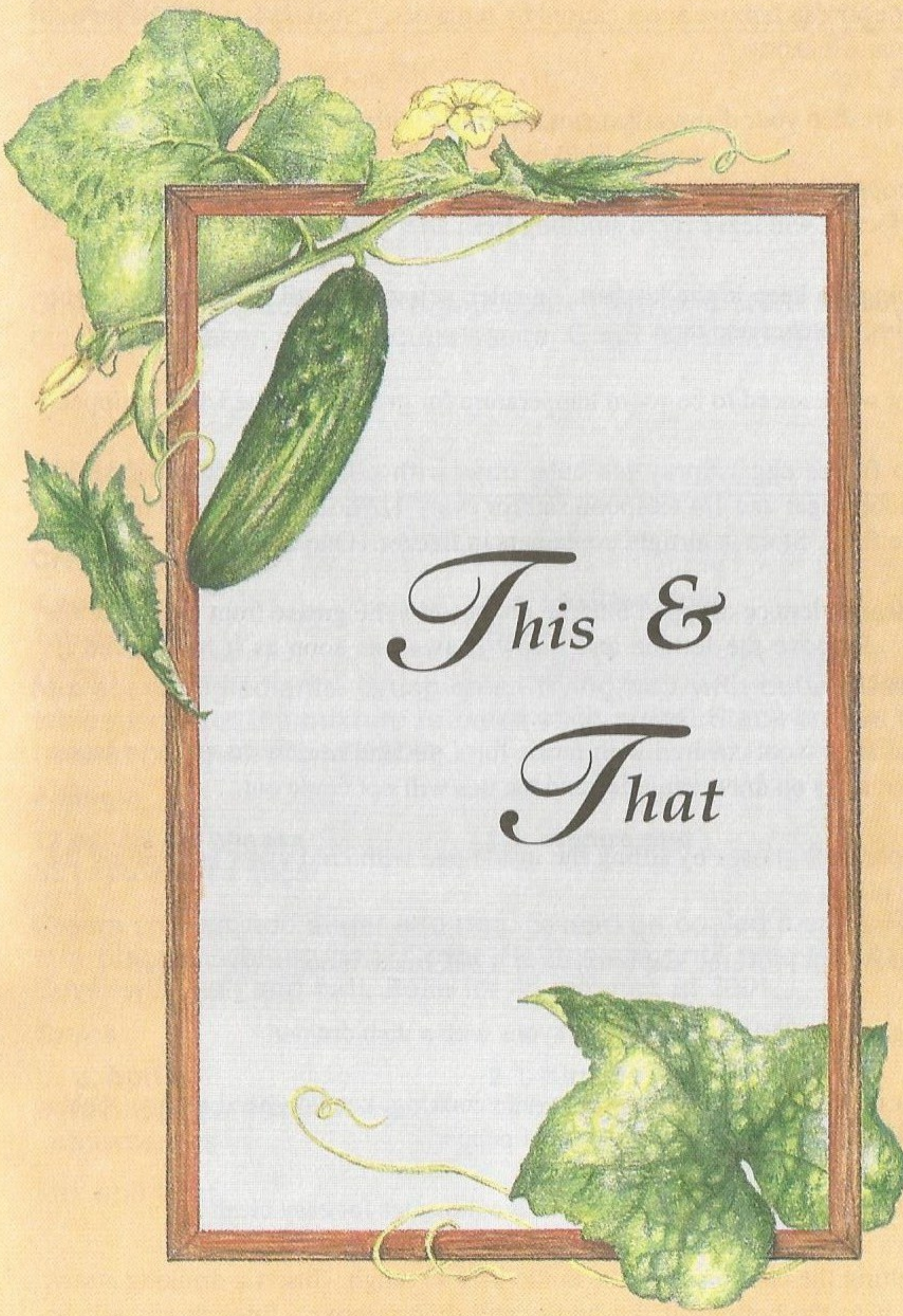
## WHIPPED CHOCOLATE FROSTING

Janet  
Apr 83

1/2 c. butter  
1/2 c. sugar  
1 egg  
1/2 t. vanilla  
1/2 t. salt  
1 c. flour

Melt chocolate; cool slightly. Beat egg whites until stiff. Add granulated sugar and cream. Beat until stiff. Add vanilla and salt. Beat until stiff. Add egg yolks and sugar. Beat until stiff. Add vanilla and salt. Beat until stiff. Flatten with spoon 2 inches apart on an ungreased cookie sheet. Flatten with floured glass. Bake at 375° for 8 to 10 minutes. Remove immediately and cool on rack. Makes 7 dozen.





*This &*

*That*



# Potpourri

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.



# THIS & THAT

## BEER BASTING SAUCE

---

Lenore Farness  
Apt. 902

- |   |                           |
|---|---------------------------|
| <b>1/2 c. flat beer</b>                 | <b>1 T. lemon juice</b>   |
| <b>2 T. vinegar</b>                     | <b>2/3 c. chili sauce</b> |
| <b>1 T. Worcestershire sauce</b>        | <b>2 T. honey</b>         |
| <b>1/2 c. firmly packed brown sugar</b> |                           |

Combine all ingredients in a saucepan. Heat and stir until sugar dissolves. Makes about 2 cups sauce. Great for basting ham.

## BRUNCH CREPES

---

### Crepes:

- |                  |                            |
|------------------|----------------------------|
| <b>4 eggs</b>    | <b>1 c. unsifted flour</b> |
| <b>1 c. milk</b> | <b>Butter</b>              |

Mix above ingredients. Brush small frying pan with butter. Use 3 tablespoons of the mixture to make each crepe. Stack crepes between sheets of waxed paper.

### Filling:

- |                              |                         |
|------------------------------|-------------------------|
| <b>12 oz. cream cheese</b>   | <b>2 T. orange rind</b> |
| <b>1/3 c. powdered sugar</b> |                         |

Cream cheese; add sugar and rind. Spread on cooled crepes. Roll and place in oblong pan. Cover. Refrigerate until ready to bake. Cover with half and half. Bake for 45 minutes at 300°.

### Sauce:

- |   |                      |
|---|----------------------|
| <b>1/4 c. butter</b>                        | <b>2 T. Kirsch</b>   |
| <b>2 (10-oz.) pkgs. frozen strawberries</b> | <b>1/3 c. brandy</b> |

Mix and heat.



## FREEZER TOMATO SAUCE

20 lg. tomatoes, cut in chunks	3 T. sugar
4 lg. onions, chopped	2 T. salt
4 lg. carrots, shredded	$\frac{3}{4}$ tsp. pepper
$\frac{1}{2}$ c. parsley, chopped	

Bring slowly to boiling, stirring often. Lower the heat and simmer for 30 minutes. Cool slightly. Put in blender (3 cups at a time) for 1 minute. Put in freezer containers and use as desired.

## GRAPE APPLE JAM

*Gerri Biksadski  
Office*

2 $\frac{1}{2}$ lbs. tart apples, pared & cored	1 c. water
1 (6-oz.) can frozen grape juice concentrate	1 (1 $\frac{3}{4}$ -oz.) pkg. powdered fruit pectin
	5 c. sugar

Finely chop apples. Should measure 7 cups. In large kettle or Dutch oven, combine apples, grape juice and water. Bring to boiling; cook 3 minutes, stirring constantly. Add pectin; bring to a boil. Stir in sugar; bring to a full rolling boil, and boil hard 1 minute. Stir constantly. Remove from heat. Skim off foam with a metal spoon. Pour into clean, hot, jelly glasses; seal at once. Makes 7  $\frac{1}{2}$  pints.

## ICICLE PICKLES

*Anonymous*

3 lbs. (4-inch) pickling cucumbers	1 T. mustard seed
6 sm. onions, peeled & quartered	1 qt. white vinegar
6 (4-inch) pieces celery	2 $\frac{1}{2}$ c. granulated sugar
	$\frac{1}{4}$ c. salt
	1 c. water

Wash cucumbers; cut lengthwise into eighths. Soak in ice water for 3 hours. Drain; pack into clean jars. Add one onion, one piece celery, and  $\frac{1}{2}$  teaspoon mustard seed to each jar. Combine vinegar and remaining ingredients; bring to boil. Pour vinegar solution over cucumbers to within  $\frac{1}{2}$ -inch of top. Immediately adjust covers as jar manufacturer directs. Process 10 minutes in boiling water bath. Makes 6 pints.



## **PORT WINE FESTIVAL JELLY**

---

**2 c. port wine**

**2 c. sugar**

**1/8 tsp. cinnamon**

**1/8 tsp. cloves**

**1/2 (6-oz.) bottle liquid fruit  
pectin**

Sterilize 5 (8-ounce) jelly glasses. Leave in hot water until ready to fill. In top of double boiler, combine port, sugar, cinnamon and cloves. Place over rapidly boiling water; heat 2 minutes, stirring constantly. Then, over a direct heat, bring to a full, rapid boil. Stir in pectin. Again bring to a full boil, for 1 minute, stirring constantly. Remove pan from heat. Skim off any foam. Ladle jelly into hot, sterile, jelly glasses. Immediately cover with paraffin. Let cool; then cover with lid.

## **REFRIGERATOR PICKLES**

---

**1 1/2 c. sugar**

**1 1/2 c. cider vinegar**

**1 1/2 c. cold water**

**1 1/2 T. onion flakes**

**3/4 tsp. salt**

**3/4 tsp. celery seed**

**1/2 tsp. garlic salt**

**1/2 tsp. onion salt**

**1/2 tsp. celery salt**

**4 med. cucumbers, unpared &  
sliced 1/4-inch thick**

Put all ingredients in a quart jar and shake until sugar is dissolved. Pour over cucumbers. Will fill 2 (1-quart) jars. Will keep in refrigerator for months.

## **RHUBARB JAM**

---

*Karen Nasseth  
Apt. 812*

**4 c. diced rhubarb**

**3 c. sugar**

Let this sit overnight. Simmer 20 minutes. Pour 3 ounces strawberry Jello over this. Stir. Pour into jars and refrigerate. For longer storage, freeze.



# SPANISH RED RICE

Emilia Carrero  
Apt. 905

2 c. rice  
1/2 tsp. salt  
2 T. oil  
Pinch of Vitarroz Adobo-Sazon  
(seasoning)

Accent flavor enhancer, sea-  
soned to taste  
La Preferida garlic granules  
La Preferida Sazon  
(seasoning)  
Food coloring

Combine all except rice. Add rice and 2 cups of water. Cook on medium to high heat for 30 to 45 minutes. Serve with chicken, pork chops, etc.

## Recipe Favorites



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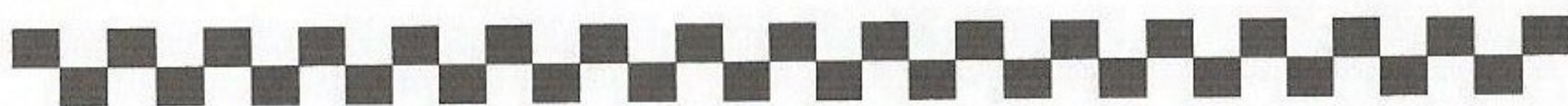




# COOKING TIPS



- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold - let stand for a least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- To keep cauliflower white while cooking - add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.
- Used greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.
- Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.





# CALORIE



# COUNTER

## Beverages



Apple juice, 6 oz. ....	90
Coffee (black/unsw.) ....	0
Cola type, 12 oz. ....	115
Cranberry juice, 6 oz. ....	115
Ginger ale, 12 oz. ....	115
Grape juice, (prepared from frozen concentrate), 6 oz. ....	142
Lemonade (prepared from frozen concentrate), 6 oz. ....	85
Milk	
protein fortified, 1 c. ....	105
skim, 1 c. ....	90
whole, 1 c. ....	160
Orange juice, 6 oz. ....	85
Pineapple juice, unsweetened, 6 oz....	95
Root beer, 12 oz. ....	150
Tonic (quinine water), 12 oz. ....	132

## Breads



Corn Bread, 1 small square ....	130
Dumplings, 1 med. ....	70
French Toast, 1 slice ....	135
Muffins	
bran, 1 muffin ....	106
blueberry, 1 muffin ....	110
corn, 1 muffin ....	125
English, 1 muffin ....	280
Melba Toast, 1 slice ....	25
Pancakes, 1 4 in. ....	60
Pumpnickel, 1 slice ....	75
Rye, 1 slice ....	60
Waffles, 1 ....	216
White, 1 slice ....	60-70
Whole wheat, 1 slice ....	55-65

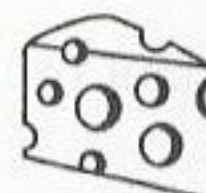
## Cereals

Corn Flakes, 1 cup. ....	105
Cream of Wheat, 1 cup ....	120
Oatmeal, 1 cup ....	148
Rice Flakes, 1 cup ....	105
Shredded Wheat, 1 biscuit ....	100
Sugar Krisps, 3/4 cup ....	110

## Crackers

Graham, 1 cracker ....	15-30
Rye Crisp, 1 cracker ....	35
Saltine, 1 cracker ....	17-20
Wheat Thins, 1 cracker ....	9

## Dairy Products



Butter or Margarine, 1 T ....	100
Cheese	
American Cheese, 1 oz. ....	100
Camembert, 1 oz. ....	85
Cheddar, 1 oz. ....	115
Cottage Cheese, 1 oz. ....	30
Mozzarella, 1 oz. ....	90
Parmesan, 1 oz. ....	130
Ricotta, 1 oz. ....	50
Roquefort, 1 oz. ....	105
Swiss, 1 oz. ....	105
Cream	
Light, 1 T ....	30
Heavy, 1 T. ....	55
Sour, 1 T ....	45
Hot chocolate, with milk, 1 c ....	277
Milk chocolate, 1 oz. ....	145-155
Yogurt	
made w/ whole milk, 1 c. ....	150-165
made w/ skimmed milk, 1 c. ....	125

## Eggs



Fried, 1 large ....	100
Poached or boiled, 1 large ....	75-80
Scrambled or in omelet, 1 large..	110-130

## Fish and Seafood

Bass, 4 oz. ....	105
Salmon, broiled or baked, 3 oz. ....	155
Sardines canned in oil, 3 oz. ....	170
Trout, fried, 3 1/2 oz. ....	220
Tuna, in oil, 3 oz. ....	170
Tuna, in water, 3 oz. ....	110

continued





# Calorie Counter, Cont'd.

## Fruits



Apple, 1 medium .....	80-100
Applesauce, sweetened, 1/2 c. ....	90-115
Applesauce, unsweetened, 1/2 c. ....	50
Banana, 1 medium .....	85
Blueberries, 1/2 c. ....	45
Cantaloupe melon, 1/2 c. ....	24
Cherries (pitted), raw, 1/2 c. ....	40
Grapefruit, 1/2 medium .....	55
Grapes, 1/2 c. ....	35-55
Honeydew melon, 1/2 c. ....	55
Mango, 1 medium .....	90
Orange, 1 medium .....	65-75
Peach, 1 medium .....	35
Pear, 1 medium .....	60-100
Pineapple, fresh, 1/2 c. ....	40
Pineapple canned in syrup, 1/2 c. ....	95
Plum, 1 medium .....	30
Strawberries, fresh, 1/2 c. ....	30
Strawberries, frozen and sweetened, 1/2 c. ....	120-140
Tangerine, 1 large .....	39
Watermelon, 1/2 c. ....	42

## Meat and Poultry



Beef, ground (lean), 3 oz. ....	185
Beef, roast, 3 oz. ....	185
Chicken, broiled, 3 oz. ....	115
Lamb chop (lean), 3 oz. ....	175-200
Sirloin steak, 3 oz. ....	175
Tenderloin steak, 3 oz. ....	174
Top round steak, 3 oz. ....	162
Turkey, dark meat, 3 oz. ....	175
Turkey, white meat, 3 oz. ....	150
Veal cutlet, 3 oz. ....	156
Veal, roast, 3 oz. ....	176

## Nuts

Almonds, 2 T. ....	105
Cashews, 2 T. ....	100
Peanuts, 2 T. ....	105
Peanut butter, 1 T. ....	95
Pecans, 2 T. ....	95
Pistachios, 2 T. ....	92
Walnuts, 2 T. ....	80

## Pasta

Macaroni or spaghetti, 3/4 c. cooked .....	115
---	-----

## Salad Dressings

Blue cheese, 1 T. ....	70
French, 1 T. ....	65
Italian, 1 T. ....	80
Mayonnaise, 1 T. ....	100
Olive oil, 1 T. ....	124
Russian, 1 T. ....	70
Salad oil, 1 T. ....	120

## Soups

Bean, 1 c. ....	130-180
Beef noodle, 1 c. ....	70
Bouillon and consomme, 1 c. ....	30
Chicken noodle, 1 c. ....	65
Chicken with rice, 1 c. ....	50
Minestrone, 1 c. ....	80-150
Split pea, 1 c. ....	145-170
Tomato with milk, 1 c. ....	170
Vegetable, 1 c. ....	80-100

## Vegetables



Asparagus, 1 cup .....	35
Broccoli, cooked, 1/2 c. ....	25
Cabbage, cooked, 1/2 c. ....	15-20
Carrots, cooked, 1/2 c. ....	25-30
Cauliflower, 1/2 c. ....	10-15
Corn (kernels), 1/2 c. ....	70
Green Beans, 1 cup .....	30
Lettuce, shredded, 1/2 c. ....	5
Mushrooms, canned, 1/2 c. ....	20
Onions, cooked, 1/2 c. ....	30
Peas, green, cooked, 1/2 c. ....	60
Potato	
baked, 1 medium .....	90
chips, 8-10 .....	100
mashed, with milk and butter, 1 c. ....	200-300
Spinach, 1 cup .....	40
Tomato	
raw, 1 medium .....	25
cooked, 1/2 c. ....	30



# MEASUREMENTS & SUBSTITUTIONS

## Measurements

a pinch .....	1/8 teaspoon or less
3 teaspoons .....	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons .....	1/2 cup
12 tablespoons .....	3/4 cup
16 tablespoons .....	1 cup
2 cups .....	1 pint
4 cups .....	1 quart
4 quarts .....	1 gallon
8 quarts .....	1 peck
4 pecks .....	1 bushel
16 ounces .....	1 pound
32 ounces .....	1 quart
8 ounces liquid .....	1 cup
1 ounce liquid .....	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

## Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup.....	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon .....	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon .....	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup .....	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup .....	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup .....	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup .....	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup .....	1 c. bread crumbs
chocolate	1 square (1 oz.) .	3 or 4 T. cocoa plus 1 T. butter
fresh herbs	1 tablespoon .....	1 tsp. dried herbs
fresh onion	1 small .....	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon .....	1 T. prepared mustard
tomato juice	1 cup .....	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup .....	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb. ....	1 1/2 c. dates, pitted and cut
bananas	3 medium .....	1 c. mashed
min. marshmallows	10 .....	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.  
Brown and White Sugars: Usually may be used interchangeably.





# MICROWAVE HINTS



1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping... a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwaved-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.







## *Herbs & Spices*

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

- Basil*** Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves*** A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
- Caraway*** Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives*** Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
- Curry Powder*** A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
- Dill*** Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
- Fennel*** Both seeds and leaves are used. Has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger*** A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

*continued*





## *Herbs & Spices*

- Marjoram*** May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint*** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
- Oregano*** Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika*** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley*** Best when used fresh but can be used dry, use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary*** Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
- Saffron*** Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage*** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon*** Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.



# NAPKIN FOLDING

## General Tips:

Use linen napkins if possible, well starched.

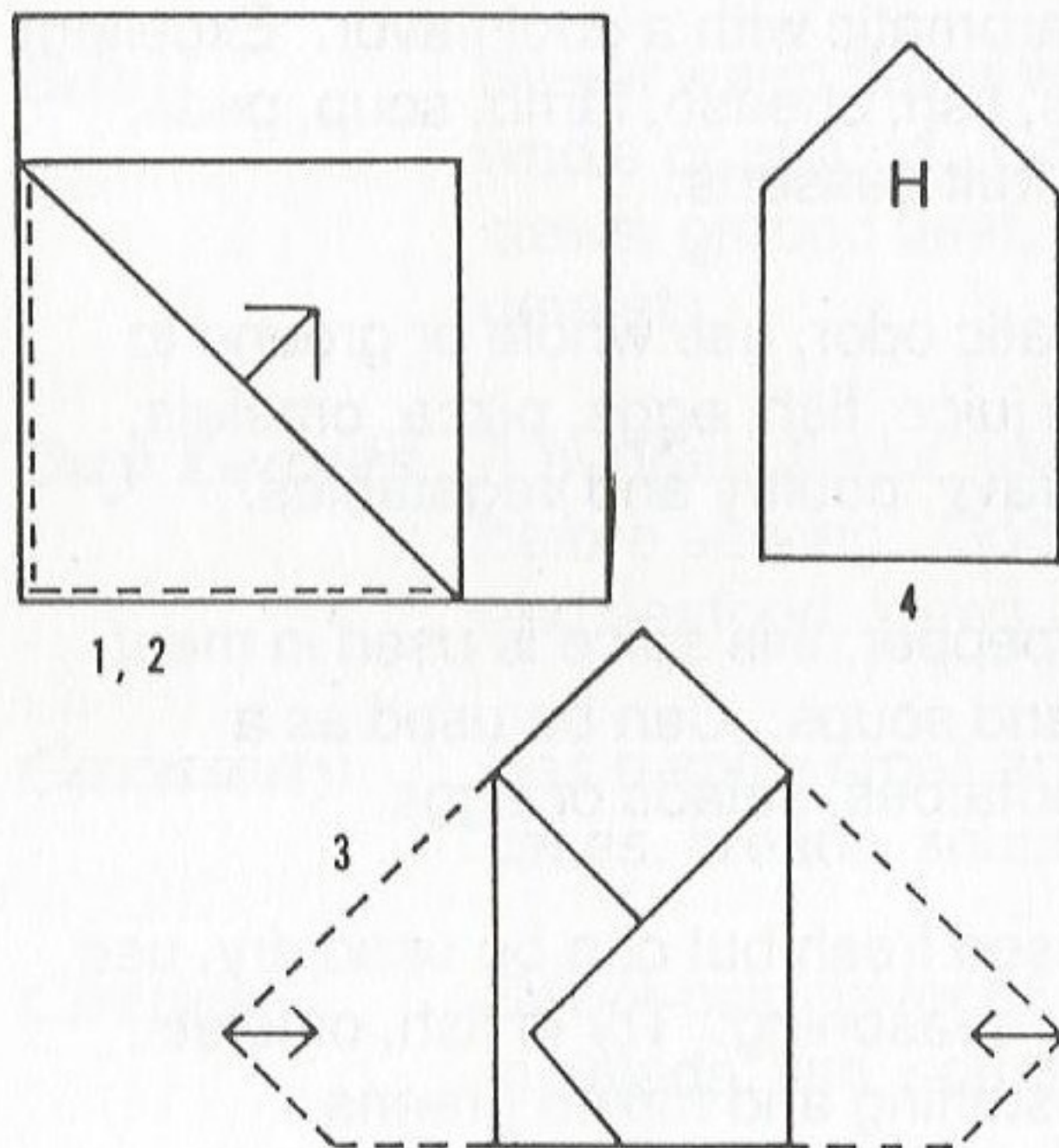
For the more complicated folds, 24 inch napkins work best.

Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

## Shield

This fold is easy. Elegant with Monogram in Corner



### Instructions:

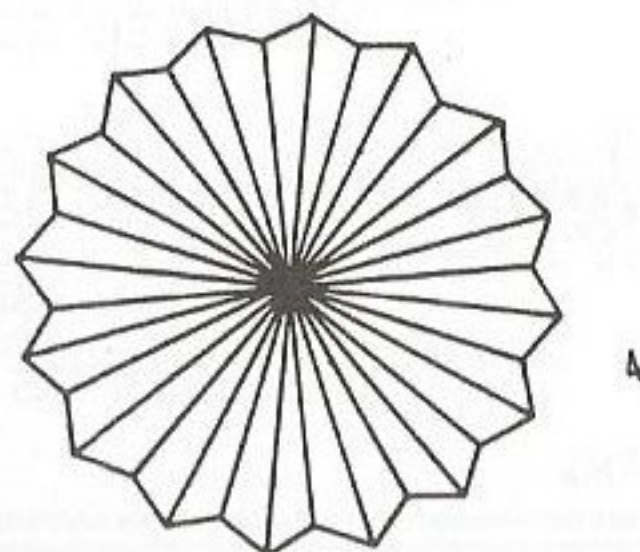
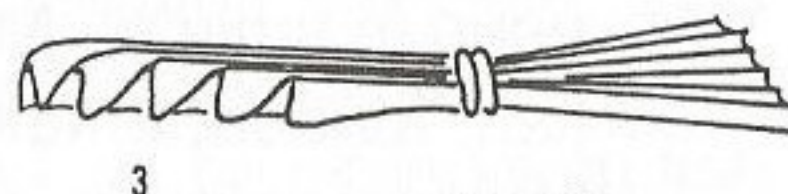
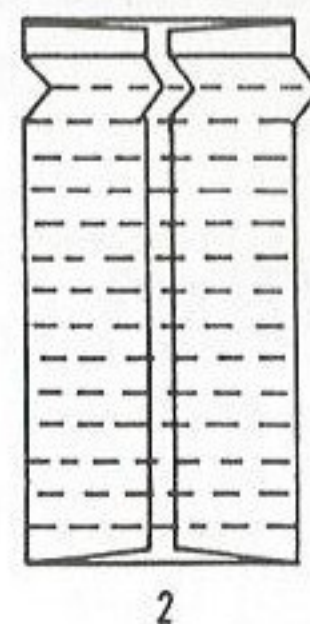
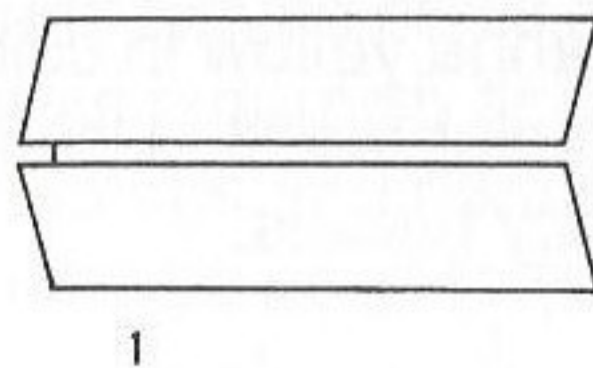
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

## Rosette

Elegant on Plate.

### Instructions:

1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette





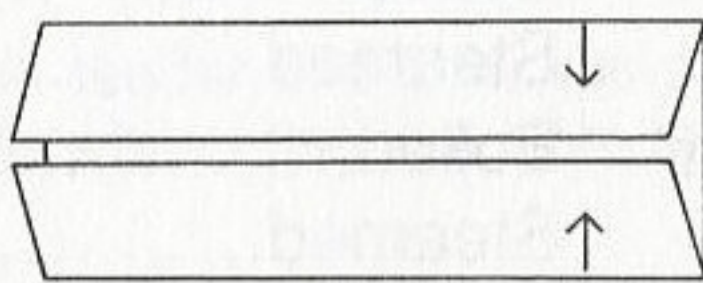
# NAPKIN FOLDING

## Fan

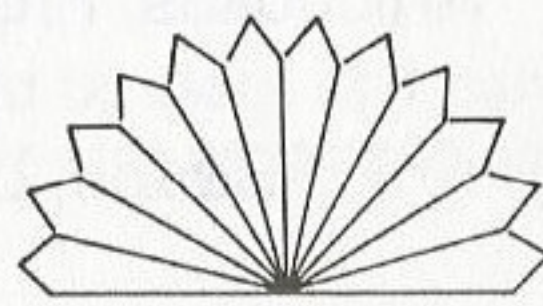
### Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

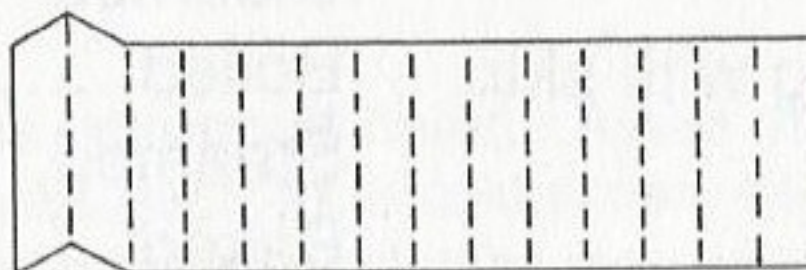
Pretty in Napkin Ring, or Top of Plate.



1, 2



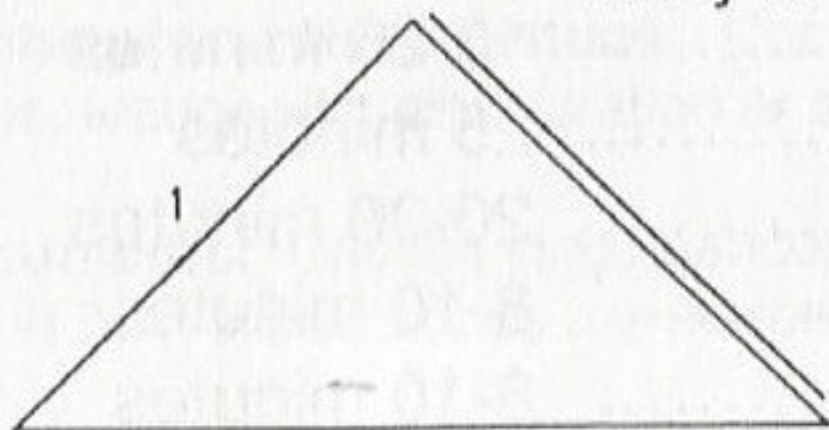
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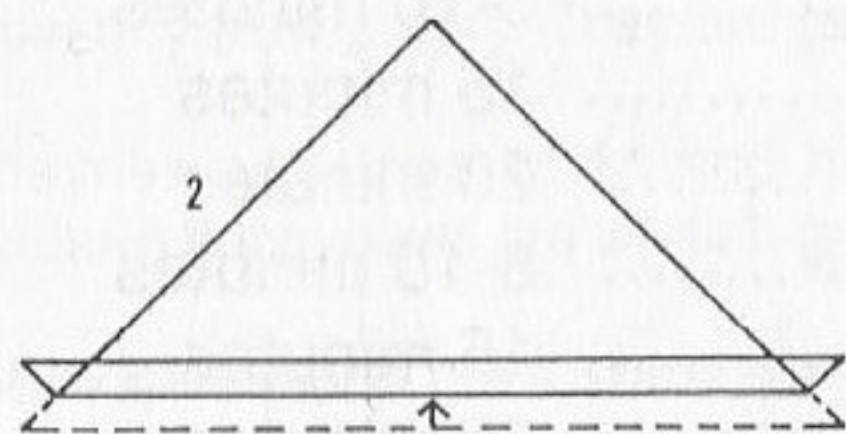
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## Candle

Easy to do, can be decorated.



1



2



### Instructions:

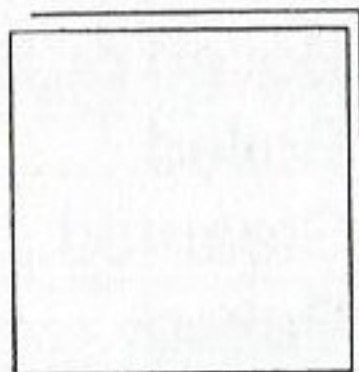
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

## Lily

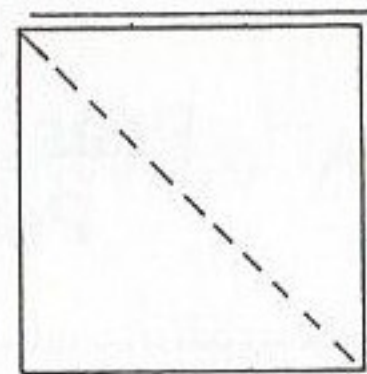
Effective and Pretty on Table.

### Instructions:

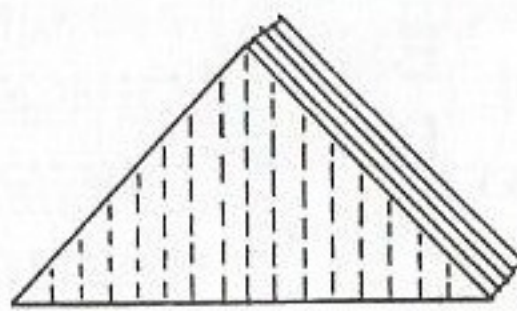
1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



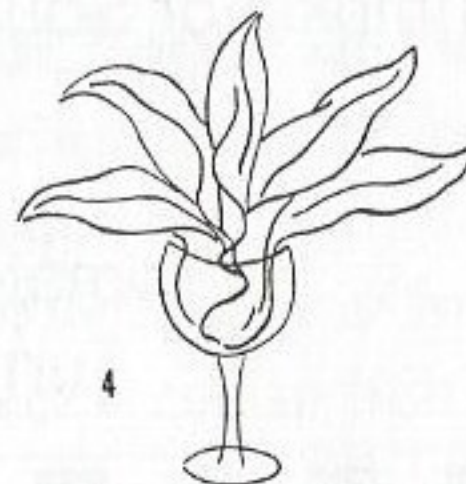
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4



# VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes





# BUYING GUIDE

## Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

**Asparagus:** Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

**Beans, Snap:** Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

**Berries:** Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

**Broccoli, Brussel Sprouts, and Cauliflower:** Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

**Cabbage and Head Lettuce:** Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

**Cucumbers:** Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

**Melons:** In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

**Oranges, Grapefruit, and Lemons:** Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

**Peas and Lima Beans:** Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

### TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots .....	About 40 minutes .....	1/4 c. for each cup of fruit
Figs .....	About 30 minutes .....	1 T. for each cup of fruit
Peaches.....	About 45 minutes .....	1/4 c. for each cup of fruit
Prunes.....	About 45 minutes .....	2 T. for each cup of fruit



# BAKING PERFECT BREADS

## Proportions

Biscuits .....	To 1 cup flour use 1 1/4 teas. Baking Powder
Muffins .....	To 1 cup flour use 1 1/2 teas. Baking Powder
Popovers .....	To 1 cup flour use 1 1/4 teas. Baking Powder
Waffles .....	To 1 cup flour use 1 1/4 teas. Baking Powder
Cake with oil .....	To 1 cup flour use 1 teaspoon Baking Powder

## Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

## Proportions for Batters and Dough

Pour Batter .....	To 1 cup liquid use 1 cup flour
Drop Batter .....	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough .....	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough .....	To 1 cup liquid use 4 cups flour.

## Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

## Oven Temperature Chart

Breads	Minutes	Temperature
Loaf .....	50-60 .....	350 - 400
Rolls .....	20-30 .....	400 - 450
Biscuits .....	12-15 .....	400 - 450
Popovers .....	30-40 .....	425 - 450
Cornbread .....	25-30 .....	400 - 425
Nut Bread .....	50-75 .....	350
Gingerbread .....	40-50 .....	350 - 370





# BAKING PERFECT DESSERTS

## For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

## For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

### Temperature Chart

Food	Temperature	Time
Butter Cake, loaf .....	360 - 400 .....	40-60 min.
Butter Cake, layer .....	380 - 400 .....	20-40 min.
Cake, angel .....	300 - 360 .....	50-60 min.
Cake, sponge .....	300 - 350 .....	40-60 min.
Cake, fruit .....	275 - 325 .....	3 - 4 hours
Cookies, thin .....	380 - 390 .....	10-12 min.
Cookies, molasses .....	350 - 375 .....	18-20 min.
Cream Puffs .....	300 - 350 .....	45-60 min.
Meringue .....	250 - 300 .....	40-60 min.
Pie Crust .....	400 - 500 .....	20-40 min.



# TERMS USED IN COOKING

**Au gratin:** Topped with crumbs and/or cheese and browned in the oven or under the broiler.

**Au jus:** Served in its own juices.

**Baste:** To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**Crimp:** To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudites:** An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

**Dredge:** To coat lightly with flour, cornmeal, etc.

**Entree:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut vegetables, fruits, or cheeses into match-shaped slivers.

**Marinade:** To allow food to stand in a liquid to tenderize or to add flavor.

**Meuniere:** Dredged with flour and sauteed in butter.

**Mince:** To chop or cut food into very small pieces.

**Parboil:** To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

**Pare:** To remove the outermost skin of a fruit or vegetable.

**Poach:** To cook very gently in hot liquid kept just below the boiling point.

**Puree:** To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

**Refresh:** To run cold water over food that has been parboiled, to stop the cooking process quickly.

**Saute:** To cook and/or brown food in a small quantity of hot shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

**Simmer:** To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steep:** To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

**Toss:** To combine ingredients with a lifting motion.

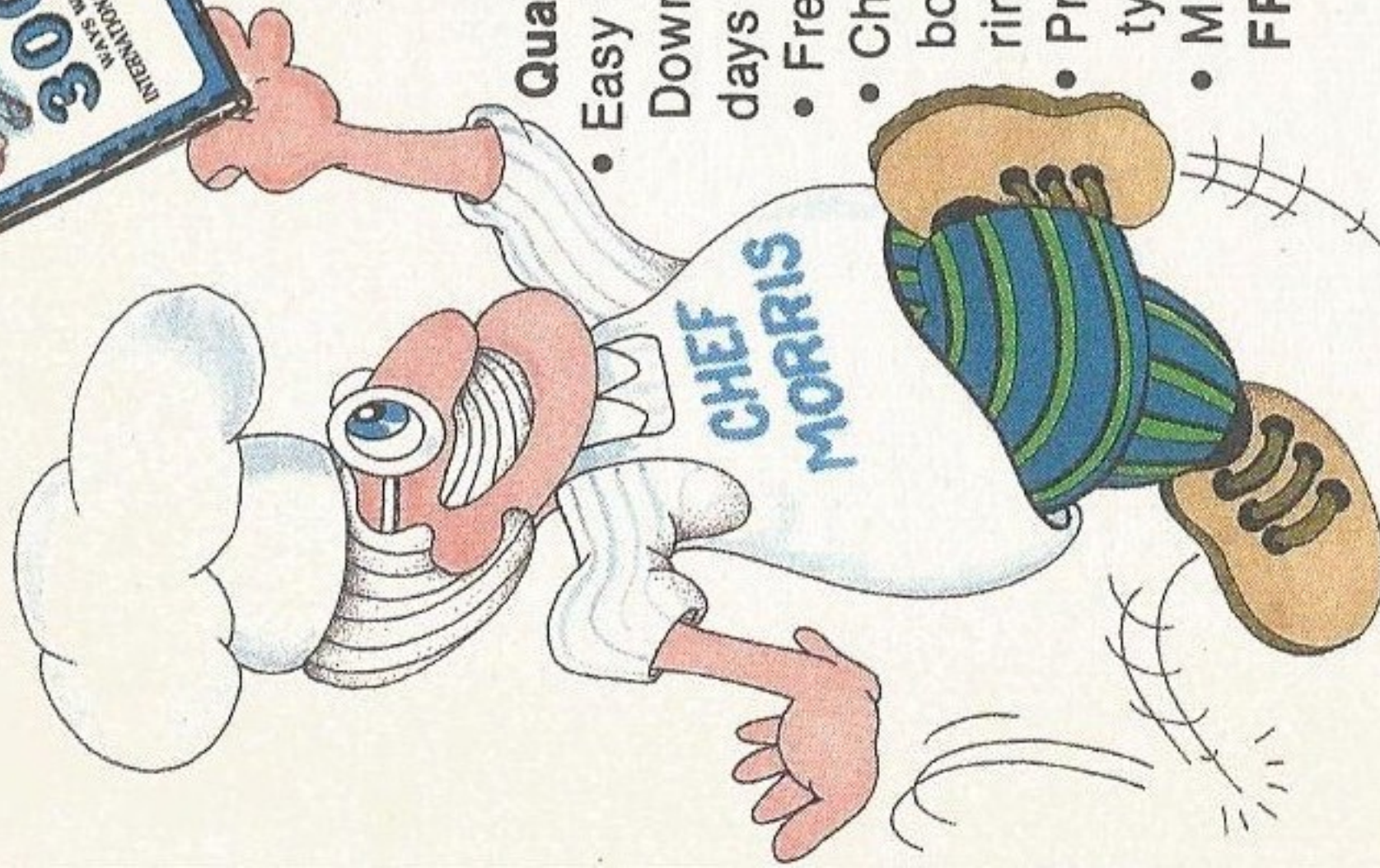
**Whip:** To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.



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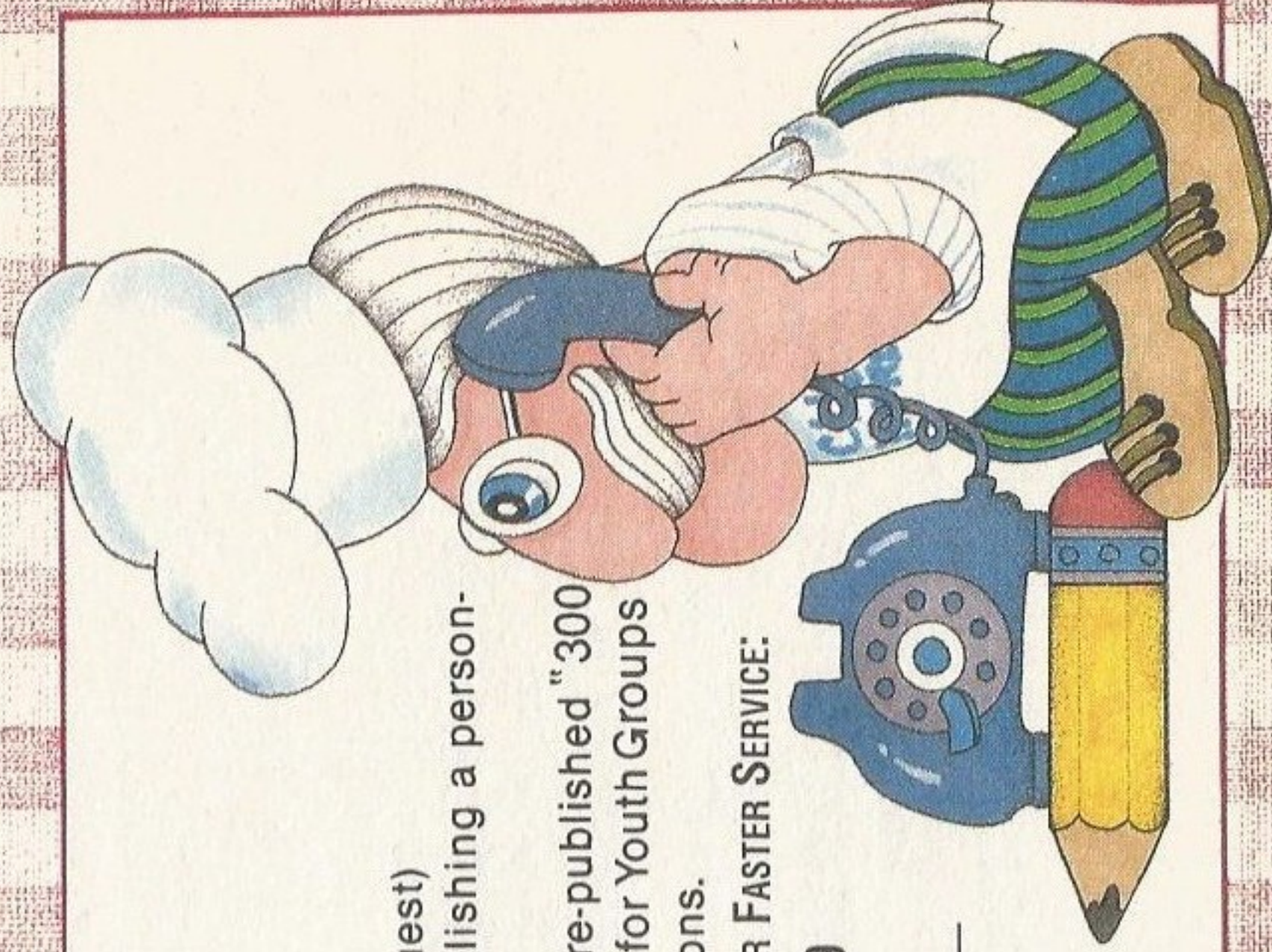
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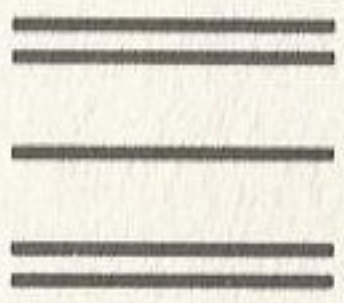
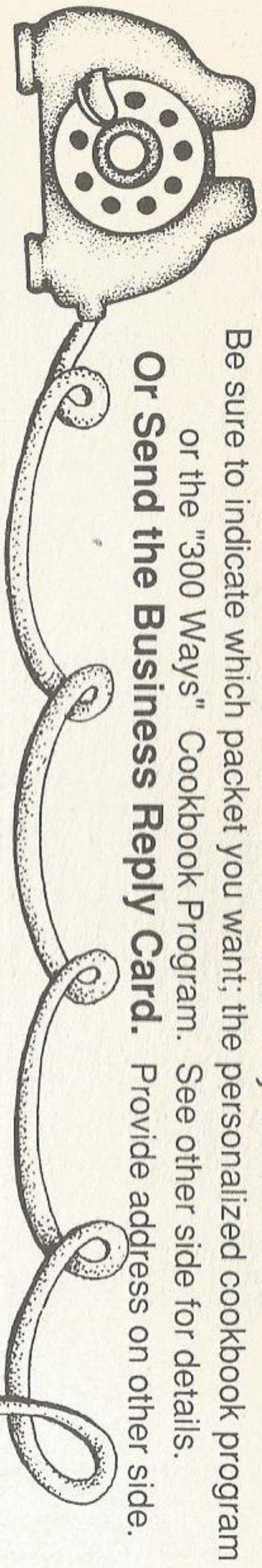




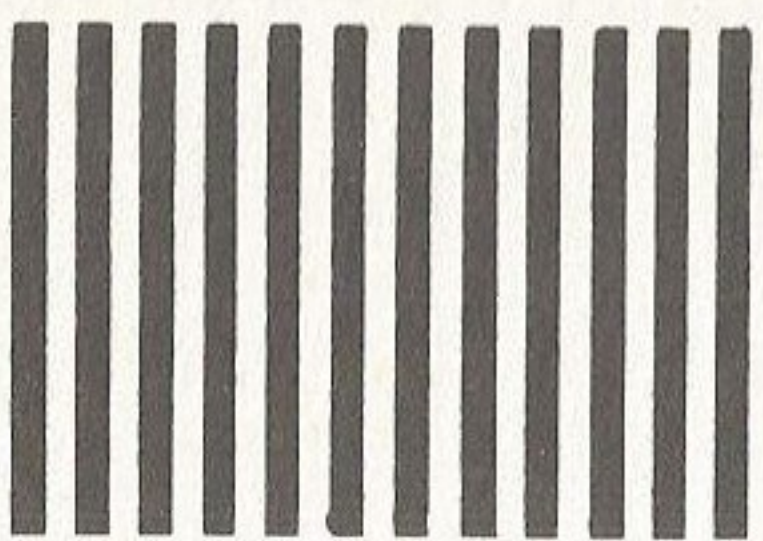
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